

Aspen Valley Hospital Patient Education

ADENOSINE STRESS TEST

Your doctor has ordered this test to evaluate your heart rate, rhythm and blood pressure in response to a medication that is used as part of this stress test as well as to evaluate the circulation to your heart muscle. In addition, this test can provide indicators as to whether your heart arteries may be blocked. This is a two-part test. The first part involves “exercising” your heart by giving the drug Adenosine and taking pictures while your heart is “stressed”. The second part involves taking pictures of your heart while it is at “rest”. A cardiologist will be present during the drug administration and then will wait for the pictures to give a full report on your heart from the exercise and resting pictures.

Preparation:

1. **DO NOT have any caffeine or caffeine products (examples of this: Coffee, decaf Coffee, Tea, Soda, energy drinks, chocolate) FOR 24 HOURS PRIOR TO TESTING. Or the test has to be rescheduled.**
2. **DO NOT eat for 2 hours prior to the test: you may have water to keep hydrated.**
3. **Take your medications as prescribed unless otherwise directed by your physician.**
4. Wear comfortable clothes, a button down shirt and women a sports bra is preferred—you will be laying down during the Adenosine administration as well for the pictures taken of your heart. Do not wear necklaces or jewelry around your neck.
5. No lotion on your chest.
6. Please bring your driver’s license and insurance card and go to take to registration.

The Procedure “Exercise” Phase:

1. Check in at the admission desk at the front of the hospital at least 15 minutes prior to your appointment time. Due to the fact that there are patients scheduled after you, if you are more than 15 minutes late, your appointment will be rescheduled. You will be directed to the Cardiopulmonary Department which is right next to the Nuclear Medicine Department.
2. You will have an IV placed before testing for the Adenosine and Isotope (for pictures) to be injected during the testing. The adenosine is put in the IV in your vein over 6 minutes and you may have chest pain, flushing, nausea, headache, or stomach discomfort. These will go away when the medicine stops. The isotope, an imaging substance, will be injected halfway through the test and you will stay after the stress part is completed and follow the nuclear technician instructions for the picture session. The pictures are taken approximately one hour after the Isotope injection and you will lay still under the camera at this time until the Technician has all the images needed.
3. After the pictures are taken and you leave, you can resume your usual activities, eat, drink and take your usual medications. Drink plenty of fluids, such as water and juices to help flush the isotope out of your system through your urine.

The Procedure “Rest” Phase”:

1. **Please do not eat for 2 hours before coming to do this test. You may drink water only to keep hydrated.**
2. After check in at registration, you will be directed to the Nuclear Medicine Department.

3. You will sign a consent form for this procedure.
4. An IV line will be started for the procedure and you will be connected to a heart monitor.
5. The Nuclear Technician will inject a solution containing an isotope, a tracer substance, into your IV line. The Isotope attaches to the red blood cells and moves through the heart as your blood circulates. You may need to wait up to one hour after the isotope to circulate adequately for pictures of the heart to be done. The Isotope can be tracked as it moves through the heart using a special camera or scanner. These pictures are taken while lying flat and resting.

The physician will discuss the results of the test as a follow up appointment.

NOTE: Please notify the Cardiology Clinic at least 24 hours in advance if you need to cancel or reschedule your appointment so that we may utilize the appointment for another patient. If you have any questions, please call the CARDIOLOGY CLINIC at 970-544-7388.

Appointment Date: _____

Appointment Time: _____

Additional procedure if necessary:

Date: _____

Time: _____

Procedure: _____

Additional Instructions: _____