

IV PERSANTINE / ADENOSINE - CARDIOLITE TEST

What is this test?

A “persantine / adenosine stress test” is ordered for those patients who are unable to exercise on a regular treadmill or use a stationary bicycle. The persantine / adenosine stress test does **not** require you to exercise. Persantine / adenosine chemically induces the same effects as exercising on a treadmill. Cardiolite is used in conjunction with persantine / adenosine to complete the persantine / adenosine stress test procedure.

There are usually no side effects with cardiolite and there is no danger to you from the small amount of radioactivity - about as much as you would receive with a chest x-ray. Alert your doctor, however, if you think you might be pregnant. Except in emergencies, a pregnant woman should not be exposed to even small amounts of radioactivity because it can harm the fetus. Also inform your doctor about any medications you are taking, especially heart medications since they may affect the interpretations of the test.

IV persantine / adenosine may cause some side effects. These symptoms can be easily reversed. Some of these effects include chest pain, headache, dizziness, changes in heart rate and blood pressure, nausea, and flushing. If you experience any of these unusual feelings during your test, be sure to tell the staff.

Why am I having the exam?

In some cases, this test is part of a routine checkup. In others, it is used to help diagnose the extent of coronary artery disease, to evaluate the damage done by a heart attack, or to estimate the risk of a future heart attack or surgery. It can also help evaluate symptoms you may have been experiencing such as chest pain, fatigue, palpitations, or shortness of breath. It is also done to check the effects of medications or surgery on your heart, i.e. your doctor is looking for more detailed information about the flow of blood to your heart and your body’s response.

How do I prepare for the test?

Your doctor will explain the test and its risks. You will be given a list of special instructions regarding diet and medication modifications that might need to be made several hours before you have this procedure. Wear comfortable clothes and shoes. We ask if you bring someone with you to limit to only one person due to limited waiting room space.

What happens during the test?

You will go to a testing room or nuclear medicine area where the staff will monitor your condition at all times. A physician, nurse, C.V. tech and/or nuclear medical tech are present in the department at all times during the time that you receive your IV persantine / adenosine and immediately thereafter to evaluate your heart’s response to the medications.

You will be asked to undress from the waist up and put on a hospital gown. Sticky electro pads will be placed on your chest, and a blood pressure cuff will be wrapped around your arm. A staff member will ask your height and weight and a small intravenous catheter will be inserted in your arm or hand.

When you are all ready, IV persantine / adenosine will be administered through the IV line per a staff member over approximately four minutes. If you have any unusual sensations during or immediately following the administration of the persantine / adenosine, it is important for you to let the staff know so you can be evaluated further.

A few minutes after you have received the IV persantine / adenosine, the nuclear medical tech will give you cardiolute through the same IV line. A special camera that can detect the cardiolute being carried to your heart through the coronary arteries will be placed close to your chest so pictures can be taken. This is called imaging.

After the pictures (or images) have been taken, you may leave the examination room. You will need to return in approximately 45 minutes for a second set of pictures. By comparing these pictures with those taken earlier, your doctor will be better able to evaluate your condition.

If, at any time during the persantine / adenosine - cardiolute test, you experience discomfort in your chest (burning, aching, pain, or tightness), or if you feel nauseated, exhausted, dizzy or faint, let the staff know immediately.

How long does the test take?

An IV persantine / adenosine - cardiolute test takes approximately 3 - 4 hours from the beginning of your injection till after your second set of pictures (images).

What about afterwards?

After your IV persantine / adenosine - cardiolute test, you can go home immediately and resume your normal activities, assuming that you feel well.

The staff will give you written instructions as to when your test results will be available.