To Your Health!

Exercise Stress Test Cardiac Imaging – Outpatient

Your doctor has ordered an Exercise Stress Test Cardiac Imaging to evaluate your heart’s condition. This test will be done in the Nuclear Cardiology Laboratory (in the Nuclear Medicine Department) on the 2nd level of the 87th Street Specialty Clinics building. The entire test will take about 3 ½-4 hours.

Appointment Time: __________________________
Information Day: __________________________
Date: __________________________

If you are not able to keep your appointment or have other questions please call Nuclear Medicine at (414) 805-3771. We are open Monday thru Friday, 8:00am - 4:30pm.

During the first part of your test, an I.V. will be started in your arm. You will receive an injection of a radioactive tracer. You will then lie on an imaging table while a large camera takes pictures of your heart. This will take about 25 minutes. (This I.V. will be taken out after the exercise part of the test.)

The stress part of the test will take approximately 1 hour with an exercising time of less than 15 minutes.

The exercise technologist will place 10 patches on your chest to monitor your heart’s activity. A blood pressure cuff will be put on your arm to monitor your blood pressure.

You will exercise by walking on a motorized treadmill. You will begin walking at a very slow pace, then every 2 to 3 minutes the speed will slowly increase. In addition, the front of the treadmill will rise which makes you feel like you are walking uphill. As you are walking, it is important to tell the doctor and/or Nuclear Medicine Technologist how you are feeling. It is normal to get very tired while walking. The technologist will encourage you to walk as long as possible.

A small amount of a second radioactive tracer will then be injected into the I.V. This tracer is a material which helps shows the parts of the heart. You will be asked to keep walking for about 1 more minute.

1. It will take approximately 45 minutes for the tracer in your body to be ready for imaging.
2. During this time you should be allowed to eat and drink.

After this you will lie on a table. It is important to lie still. A large camera is placed over body and takes pictures of your heart for about 20 minutes.
After the procedure is reviewed, your referring doctor will inform you of the results.

**SPECIAL INSTRUCTIONS**

- **DO NOT** eat or drink after midnight the night before test. You may drink water
- **DO NOT** smoke cigarettes for 2 hours before the test
- TAKE your medications as usual unless otherwise instructed by your doctor
- IF you are diabetic, you may be asked to take half your usual morning dose of insulin and eat a light breakfast.
- TELL your doctor if you are pregnant or think you are pregnant.

REMEMBER……our staff is here to help you. If you have questions about any part of this test please ask.

**Please arrive 10 minutes prior to your appointment to complete the registration process.**
To find Nuclear Medicine, enter the campus on 87th street. Follow the signs to Parking Area 3. Take the parking structure elevator to level D. The bridge leads to the 2nd level of the Specialty Clinics Building. Follow the signs to Nuclear Medicine.

**AFTER THE TEST**

Follow up with your physician for results. You may resume your regular activity and diet.
Directions to Specialty Clinics Building

Please park in Parking Area 3 structure.

From Watertown Plank Road via 92nd Street:
Turn south on 92nd Street and continue through a stop light at West Connell Court, to Doyne Avenue. Turn left on Doyne as signs directing you to Parking Area 3 structure.

From Watertown Plank Road via 87th Street:
Turn south on 87th Street. You'll come to a stop sign at East Connell Court. Turn left and continue south on 87th Street. Turn north on 87th or 92nd Street and then onto Doyne Avenue.

From Wisconsin Avenue:
Turn north on 87th or 92nd Street and then onto Doyne Avenue. Turn onto William Coffey Drive and follow signs directing you to Parking Area 3 structure. From Wisconsin Avenue:

Once Parked:
The Specialty Clinics Building will take you to the second floor of the Specialty Clinics Building.

Questions? Call 414-805-3666 or visit froedtert.com

Please Note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrances from our parking structures are all equipped with power doors. For more detailed information visit froedtert.com (Locations & Directions, Transportation and Parking Services).