Exercise Stress Test Cardiac Imaging - Outpatient

Your doctor has ordered an Exercise Stress Test with Cardiac Imaging to evaluate your heart's condition. The entire test will take about 3 hours.

**Appointment Information:**

- **Time:**
- **Day:**
- **Date:**
- **Location:**

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 through 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 10 minutes. (This I.V. will be taken out after the exercise part of the test).

The stress part of the test will take about 30 minutes, with an exercising time of less than 21 minutes.

The exercise physiologist/RN 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 staff how you are feeling. It is normal to get very tired while walking. The staff will encourage you to walk as long as possible.

While you are walking, a small amount of a second radioactive tracer will then be injected into the I.V. This tracer is a material which helps show the perfusion of the heart. You will be asked to keep walking for about 1 more minute.

1. It will take about 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 your body and takes pictures of your heart for about 10 minutes.

**After the test:**

After the procedure is reviewed, your doctor will inform you of the results.

---

**Nuclear Medicine Stress Tests are performed in two different locations at Froedtert. You will receive a phone call to confirm which of these locations your test will be completed in.**

- **For the Nuclear Medicine Department, 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 floor of the Specialty Clinic Building. Follow the signs to Nuclear Medicine.**
- **For the Center for Advanced Care (CFAC), enter the campus on 92nd Street. Follow the signs to Parking Area 5. Take the elevators to the 4th Floor. Follow the signs to the Heart and Vascular Department check in desk.**