

# CHEMICAL (NO EXERCISE) STRESS TEST



**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**LOCATION:** Aultman Main Hospital: 2600 6<sup>th</sup> St. SW, Canton

**DEPARTMENT:** Aultman Heart and Vascular Center (Noninvasive Heart Lab)

## **SUMMARY OF THE EXAM:**

A stress test is designed to evaluate your heart function under stress. You will be given a medication through an IV. You may also be asked to walk slowly on a treadmill if you can. Your heart will be evaluated by both EKG and heart scan.

## **WHAT TO EXPECT**

There are three parts to this test.

You will have an IV started so an imaging agent can be given. You will lay on a table under a nuclear camera for approximately 12 minutes before and after the chemical portion of the test.

Between the two heart scans you will be given a medication through the IV to “stress” your heart. You may experience a warm feeling, shortness of breath or a sensation in your chest. Everyone experiences different side effects. Tell staff immediately if you experience any of these symptoms.

## **INSTRUCTIONS**

- Please bring a written order from your doctor to the exam
- Please bring a driver’s license or other photo ID
- If you are allergic to Aminophylline or taking any breathing medications, please tell your doctor before you are scheduled for your test.
- Do not eat or drink anything after 12 midnight on the day before your test except for a sip of water if you need to take your medicine.
- Do not have caffeine (coffee, tea, cocoa, soft drinks) after 7pm the day before your test or nicotine (cigarettes or tobacco products) on the day of your test.
- Do not wear any lotion or powder on your chest.
- Wear warm clothes in layers. The temperature of the rooms you will be in varies, so you may feel warm or cold.
- Certain medications should be not taken for a successful stress test (see page 3). Verify with your doctor that you should not take these medications before your stress test.
- If you are an insulin-dependent diabetic, check with your doctor to see if you should adjust the dose of your insulin on the day or your test.

❑ **BRING A LIST OF YOUR MEDICATIONS** and your doctor's order, if you were given one. Bring in your medications for the day because you will be able to take them after the stress test if you wish to.

**LENGTH OF EXAM:** Plan on spending *about five hours* at the hospital for the scans, stress test and necessary wait time between parts of the test.

**AFTER THE EXAM:** You may eat and drink after the test.

You should expect to receive the results of your exam at your next health care provider appointment (if scheduled) or within 10 days of your exam from the ordering physician. Please call your health care provider if you do not receive your results.

### **QUESTIONS PRIOR TO YOUR TEST**

Call 330-363-4229 weekdays between 8:00 am - 4:00 pm and ask to speak to the stress lab nurse

**SCHEDULING AND REGISTRATION:** Pre-registration is required for an accurate medical record and proper billing. You may be contacted by a patient access representative if we need any information. If you have questions or need to schedule or reschedule your exam, please call 330-363-6288 or 1-800-837-0440 Monday - Friday between 7 a.m. and 6 p.m. All exams require a written order from your physician.

### **HOSPITAL PARKING**

Free visitor parking is available in Lot 3 across from the Bedford building; enter from Sixth Street. Valet parking is available at the Seventh Street and Bedford building entrances for a fee - or free if you are a handicapped motorist. Deck parking is available on 7<sup>th</sup> street for a fee, based on your length of stay.

### **DIRECTIONS TO THE DEPARTMENT (MAIN HOSPITAL)**

Heart and Vascular Center (Lot 3 parking is the closest parking) is located on the first floor of the Bedford Building. After entering the Bedford lobby, turn to your right and enter the Heart and Vascular Center.

**Do not take the following medications for 12 hours before your chemical stress test:**

(Theophylline, xanthene derivatives & combination medications)

Aerolate	Respbid
Aminophylline	Slo-Bid
Asbron	Somophyllin
Choledyl	T-Phyl
Constant-T	Tedral
Dilor	Theo-24
Elixophyllin	Theophylline
Lufyllin	Theochron
Marax	Theo-Dur
Quadrinal	Theo-organidin
Quibron	Trental
Pentoxifylline	Uniphyl
	Zafirlukast (Accolate)

**Do not take the following medications for 24 hours before a chemical stress test:**

Aggranox  
Dipyridomole  
Persantine