



Welcome to the OSF Saint Anthony Medical Center Nuclear Medicine Department.

This information will help you understand the test that has been scheduled.  
Thank you for trusting OSF for your medical imaging needs.

**When to come:**

Please arrive 15 minutes before your appointment time to check in.

**What to bring with you:**

Wear comfortable clothes, walking shoes, and a list of current medication. You do not need a driver to get you home.

**Preparation:**

You cannot have anything to eat or drink 4 hours prior to the start of your scan. Water is allowed to take medications.

No caffeine (coffee, decaffeinated coffee, sodas, tea, or chocolate) or smoking 24 hours prior to the start of your scan.

**Family:**

Family or friends are asked to stay in the waiting area during the test.

**Pregnancy testing:**

A pregnancy test may be required for females between the ages of 12 and 55 if you have not had your tubes tied or a hysterectomy. Home pregnancy tests are not acceptable. If you know that you are pregnant, please notify your doctor.

**Medications:**

Follow instructions given by your doctor's office.

**Test instructions:**

This test takes about 2 to 4 hours. You will need to lie on your back, then on your stomach with both

arms positioned above your head on a padded table.

To begin the exam, an IV will be inserted in an arm or hand for a small amount of radioactive material will be injected. There are no side effects from the injection of the radioactive isotope. It is not a drug or a dye.

The first injection allows the doctor to see the blood flow to your heart at rest. Once you receive the first injection you will wait 45-60 minutes before your first scan. The first scan will last 5 minutes while you are lying on your back.

After the scan you will be prepared for a stress test. 12 EKG stickers are placed on the chest. Blood pressures are taken and a heart history is obtained. You will either walk on the treadmill or receive a drug through your IV. The drug stress test is for those people who cannot walk the treadmill. The goal of walking the treadmill or receiving the drug is to increase your heart rate. Once your heart rate is at maximum rate, you will receive another injection of the radioactive material, which will allow the doctor to see the blood flow to the heart while it is under stress.

After the stress testing you may wait 15-60 minutes before having more pictures taken. Pictures will be 3 minutes long while laying on your back and if possible another 3 minutes while lying on your stomach.

The end result is that there will be three sets of pictures of the heart that can be compared to one another for a final result.

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**SAINT ANTHONY  
MEDICAL CENTER**

**Nuclear Medicine Department**

815-395-5235

**Test Name:**

Nuclear Medicine Stress Test, Cardiolite Stress Test, Myoview Stress Test, Lexiscan Stress Test, and Adenosine Stress Test

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**Test results:**

A nuclear radiologist or nuclear cardiologist – doctors specializing in nuclear medicine studies – will read your study and a report will be sent to your ordering doctor. You can make plans with your ordering doctor on how to receive your test results

**After test instructions:**

You may resume normal activity for the rest of the day.