



30 East 40<sup>th</sup> Street #1201, New York, NY 10016

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### **INSTRUCTIONS FOR DIPRIDAMOLE WITH CARDIOLITE- STRESS TEST**

**You have an upcoming appointment for a Dipyridamole Cardiolite Stress test. The entire process should take about 4 hours. There are a few particulars regarding the test we would like to inform you of:**

You will be injected with a small amount of radioactive material then we will take sitting scans of your heart. You will then be injected with Dipyridamole (Persantine) instead of exercising; your EKG and Blood Pressure will be continuously monitored during this time. Then some additional scans will be taken an hour later.

1. Bring or wear comfortable clothing, either shorts or slacks. We have lockers and a changing room for your convenience.
2. **Women:** no bra can be worn during the test; we will supply you with a gown.
3. **Men:** we may have to shave small portions of hair from your chest to connect electrodes for monitoring.
4. No lotions or body creams should be used on the day of testing.
5. Nothing to eat or drink **3 hours** prior to testing. You may take certain medications with sips of water. No caffeine for 24 Hours prior to the test. That means, coffee (regular or de-caff), tea, soda, chocolate etc.
6. You will be here approximately **4 hours** until completion.
7. We will try to call you to confirm your appointment 1 to 2 days **before your appointment. Because special materials need to be ordered specifically for your test, we must INSIST on 24-48 hour notice if you must cancel.**
8. If you are taking any of the following medications, please check with your referring physician or have your physician contact us **about stopping the day before the test: Persantine or any Theophylline based medications: Coreg (carvedilol), Inderal (propranolol), Inderal LA (propranolol LA), Kerlone, Imdur (isosorbide mononitrate), Lopressor (metoprolol), Sectral, Tenormin (atenolol), Toprol XL (metoprolol XL), Nitropatch. OR ANY BETA BLOCKERS.**
9. **Avoid caffeine for 24 hours.**

**Please do not hesitate to contact us if you have any questions.**

**We ask that you please be on time for this test, lateness will prolong the testing time unnecessarily.**

Thank you.

Kenneth R. Krauss, MD

212-684-3305

Alan Spiegel, MD

212-684-7172