

NUCLEAR MEDICINE CARDIOLITE STRESS TEST



Thank you for choosing Phelps Memorial Health Center Imaging Department for your cardiac testing.

To keep you well informed of the steps involved in cardiac testing, follow this checklist detailing each step.

Name of Test: Nuclear Medicine Cardiolite Stress Test

____Step 1: PRE-TEST PREPARATION (approx. 15 min)

A nurse will take you to a procedure room to start an IV and ask you a few questions.

The nuclear technologist will give you the 1st dose of Cardiolite.

____Step 2: WAITING PERIOD (approx 20-30 min)

This waiting period is necessary to distribute the Cardiolite adequately. You may wait in a waiting area or leave the facility. If you choose to leave, please return to the Front Lobby by _____.

____Step 3: SCANNING PERIOD (approx. 15-20 min)

This will be your 1st scan, or "resting" scan, to see how well your heart is without and "stress".

____Step 4: WAITING PERIOD (time varies)

This time varies depending on the time scheduled for you "stress period". You will be informed of the waiting period time. If you are able to leave, please return to the Front Lobby by _____.

____Step 5: STRESS PERIOD (approx. 15-20 min)

During this period, your heart will be "stressed". A physician is required to be present during this phase of testing. This will be either your physician or his/her representative.

____Step 6: LUNCH (approx. 30 min)

You will be offered a complimentary meal from our Terrace Cafe. We do not allow you to leave for lunch, as we want to make sure you are doing okay after the "stress" portion of the test. Please return to the Front Lobby by _____.

____Step 7: SCANNING PERIOD (approx. 15-20 min)

This is your 2nd and final scan to see how your heart is under "stress". Once this scan is complete, you are free to leave.

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VERTEBROPLASTY & KYPHOPLASTY

Procedure

1. This procedure is often done on an outpatient basis by an interventional radiologist.
2. You will be positioned lying face down for the procedure.
3. Moderate sedation may be used. As an alternative, you may receive general anesthesia.
4. A local anesthetic is then injected into the skin and deep tissues, near the fracture.
5. A very small skin incision is made at the site.
6. Using x-ray guidance, the trocar is passed through the spinal muscles.
7. In vertebroplasty, the orthopedic cement is then injected.
8. In kyphoplasty, the balloon tam is first inserted through the needle and the balloon is inflated, to create a hole or cavity. The balloon is then removed and the bone cement is injected into the cavity.
9. This procedure is usually completed within one hour. It may take longer if more than one vertebral body level is being treated.
10. You may not drive after the procedure, but you may be driven home if you live close by. Otherwise, an overnight stay at a nearby hotel is advised.
11. If you take blood thinners, check with your doctor about restarting this medication the day after your procedure.
12. Your bandage should remain in place for 48 hours. Do not immerse the bandage in water for 48 hours. This is to prevent infection. Taking showers is allowed.

Contact our Imaging Department
with any questions:

308.995.2890

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