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Adult Cardiology

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Nuclear Cardiac Stress Test Consent Form

Stress/Rest Gated Mibi Spect

You have been scheduled for a diagnostic exam to evaluate the blood supply to your heart. You will receive 2 injections of a radioactive tracer that flows in the blood vessels of your heart in order to create 2 images of the blood supply to your heart, one image after cardiac stress and a second image while resting.

An intravenous needle will be placed in your arm. Imaging is performed twice, once after cardiac stress and a second at rest . The cardiac stress test is accomplished either by walking/jogging on a treadmill or by using a drug to challenge your heart. In total, the exam will take about 6 - 7 hours.

For patients scheduled to perform a **TREADMILL** stress test:

If you are physically unable to walk/jog on a treadmill, please alert the Nuclear Medicine staff to allow for an alternative (e.g. switch to a cardiac stress test using a drug). Once on the treadmill, the speed and incline will be gradually increased until you have symptoms or fatigue, pain, or cardiac abnormality occurs.

For patients scheduled to perform a **DRUG (PHARMACOLOGIC)** stress test:

A drug, regadenoson (Lexiscan), will be administered as an injection. Regadenoson dilates the blood vessels that supply your heart. The medicine may cause a sensation of flushing, shortness of breath, a pounding in your head, dizziness or chest pain in some patients. If necessary, you will be given an intravenous medicine called aminophylline which will reverse the side effects and the test will be stopped.

Risks and discomfort

- ° During the performance of the stress test, a physician or cardiac nurse will monitor you closely including checking your pulse, blood pressure, and electrocardiogram (ECG). We take all precautions to ensure your safety. Nevertheless, there exists the possibility of certain untoward events during the test, including disorders of the heartbeat, heart attack, and cardiac arrest during the cardiac stress test.
- ° There is a discomfort in putting in the needle that will be used to introduce the radioisotope into the vein and there is a very small risk of bleeding from the venipuncture site.
- ° The amount of radiation your body will receive is about six times the exposure from natural radiation in the environment in one year. The nuclear cardiac stress test is a frequently performed standard study that has been used for more than 20 years.

If you have any additional questions later, you may call 304-342-8579 and we will be happy to answer your questions.

I have read the information and had the opportunity to discuss with the Nuclear Medicine staff, including physician, and agree to undergo the test.

PATIENT SIGNATURE: _____

WITNESS SIGNATURE: _____

DATE: _____