

Sestamibi Tests

SESTAMIBI STRESS TEST

This stress test shows how well blood flows into the heart muscle, both at rest and during activity. You will be in the Cardiovascular Care Center for 3 – 4 hours. During that time, you will walk on the treadmill for approximately 3 – 10 minutes. Sestamibi is a nuclear isotope that improves the diagnostic accuracy of a stress test. The isotope is injected through an intravenous line (an IV).

Please bring a list of medications with you, listing the dosage and how often you take them. Do NOT have food 4 hours prior – you may drink water. Do NOT have caffeine or alcohol at least 12 hours prior to test (this includes coffee, tea, decaf coffee and tea, soft drinks and chocolate). Also, please dress comfortably in a 2-piece outfit (no dresses) and wear or bring walking shoes.

Do NOT take the following medications for 24 hours prior to the test unless your physician has instructed you otherwise: Medications classified as Beta Blockers (i.e. Bystolic, Metoprolol, Propranolol, Toprol, Atenolol, Carvedilol, Sotalol, Betapace, Coreg, Corgard, Lopressor, Timolol, Betopic eye drops, Betoxalol eye drops) and Nitrates (i.e. Imdur, Isosorbide). These lists of medications are not complete. Please check with your provider if you are unsure. Do NOT take Viagra, Cialis, or Levitra for 48 hours prior to your test.

See reverse for more Sestamibi Tests



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PHARMACOLOGICAL SESTAMIBI TEST

This test is the same as the test on the front side of this card except a medication (Regadenoson) is given that mimics effects of exercise on the heart. This medicine is given through an intravenous line (IV) when a patient is unable to walk on the treadmill. You may wear whatever is comfortable. Follow the instructions on the front of the card. Do NOT take medications containing Methylxanthines (aminophylline or theophylline) and caffeine for at least 12 hours prior to the test. Do NOT take medications containing dipyridamole (Aggrenox or Persantine) for 48 hours prior to the test.

DOBUTAMINE SESTAMIBI TEST

This test also shows how well blood flows into the heart muscle. Dobutamine is a medication used to increase heart rate and mimic exercise. This medication is given through an intravenous line (IV) when a person is unable to walk on a treadmill. You may wear whatever is comfortable. Follow the instructions that are listed with the other Sestamibi tests. For this test do NOT take the following medications for at least 24 hours prior to the test unless your physician has instructed you otherwise: Medications classified as Beta Blockers (i.e. Bystolic, Metoprolol, Propranolol, Toprol, Atenolol, Carvedilol, Sotalol, Betapace, Coreg, Corgard, Lorpressor, Timolol, Betopic eye drops, Betoxalol eye drops, Nitrates (i.e. Imdur and Isosorbide) unless your physician has instructed you otherwise. Do NOT take Viagra, Cialis or Levitra for at least 48 hours prior to the test. These lists of medications are not complete. Please check with your provider if you are unsure.

For more information, please call the
Cardiovascular Care Center
at (603) 740-2121.



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