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## Preparing For Your Stress Test with Medicine (Adenosine or Regadenoson)

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A stress test helps you and your doctor learn more about how your heart is working. Instead of making your heart pump harder with physical exercise, we will give you a medicine that makes your blood flow like it does while you exercise. We will give you this medicine along with a radioactive tracer through a thin tube inserted in your arm (an intravenous or IV line). The tracer allows us to take special pictures of blood flowing in your heart. Below are instructions for you and your caregivers to help you prepare for this test. Call our office with any questions you have about these instructions or your test in general.

### What are the risks of having this test?

If you are pregnant or breastfeeding, you **cannot** have this test done.

- You could have problems breathing like wheezing
- Your heart rate could become too slow or fast
- Your blood pressure could become too low or high
- The rhythm of your heart pumping could change (arrhythmia)
- You could have a heart attack
- There is a small risk for death with this test

### How should I prepare for my test on the days beforehand?

- Check with your doctor about how to take your medicines before the test. You may need to take a medicine later than you normally do.
- If you have diabetes, check with your doctor to see if you should take your diabetic medicines or change your daily insulin dose.

### What will I do the day of my test before I arrive?

- For the medicines your doctor says you can still take before your test, take pills only with a small sip of water.
- Don't take theophylline (like Elixophyllin®, Theo-24®, or Uniphyl®)
- Don't take pentoxifylline (like Trental® or Pentoxil®)
- Don't take pain medicines that have caffeine
- **Twelve hours before your test time**
  - Don't have food or drinks that have caffeine, such as chocolate, coffee, tea, or soft drinks
- **Three hours before your test time**
  - Don't eat or drink anything. Only sip water with the medicines your doctor says are okay to take.

### What can I expect when I arrive?

Before we prepare you for the test, please tell us if you have:

- **Sensitive skin or any allergies**
- **A history of seizures or if you are taking anti-seizure medicine**

We will clean the skin on your chest with alcohol and rub it with a rough pad. If you have chest hair, we may cut it with electric clippers. We will place several small sticky pads on your chest that lead to the EKG machine that measures your heart's rhythm. If you don't already have a thin tube inserted into a vein (IV line) in your arm, we will give you one for the test.

### How is the stress test done?

Your test will take 2-3 hours and will happen in two parts. For the first part, we will take special pictures with the radioactive tracer in your blood before we give you the medicine for your blood flow. For the second part, we will give you the medicine and take a second set of pictures.

#### First Part (Resting Test):

- While you are resting, we will put the radioactive tracer into your IV line.
- We will wait 30 minutes then take special pictures of your heart. We will ask you to lie very still while we take the pictures. This takes about 15 minutes. You may breathe normally.

#### Second Part (Adenosine or Regadenoson Test):

- We will first connect you to a heart monitor and blood pressure cuff. This lets us watch you closely before, during and after this test.
- We give you the medicine through your IV line.
- In some cases, we may ask you to walk slowly on a flat treadmill or do arm exercises with a light hand-held weight.
- We will ask you to let us know how you are feeling. It is common to have a headache, nausea, or to feel flushed or have some discomfort in your chest. These side effects go away after the medicine is finished.
- We will then put more radioactive tracer into your IV for the second set of pictures.
- We will take a second set of pictures of your heart about 30 minutes after we give you the medicine.

#### What happens after the test?

You can go back to having the foods and drinks you normally do and taking your medicines. You can also go back to doing your usual activities you did before the test.

Your doctor will receive the results of your test and share them with you.

#### Special Directions From Your Care Team

Please follow these other directions your care team gives you.

If you have any feedback on this document, contact [heartandvascularpatienteducation@partners.org](mailto:heartandvascularpatienteducation@partners.org). Reviewed for plain language by the staff of the Blum Center. This document was created using evidence-based practice. It is intended to provide health-related information so that you may be better informed. It is not a substitute for a doctor's medical advice.