

What is a Cardiac PET Adenosine Stress Test with Rubidium?

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A stress test is performed to evaluate the blood supply and function of the heart. This procedure is useful in detecting how adequate the blood supply is to the heart muscle. This is done at rest, there is no exercising or walking involved. Your doctor has ordered an Adenosine Stress Test for you if your ability to walk on a treadmill is limited. This test may also be ordered for you if you are obese. Plan to be at the testing area for one and a half (1.5) hours.



Are there any special preparations prior to the procedure?

Do not eat or drink anything with caffeine 12 hours before your test. Do not eat or smoke for at least three hours before your test. Drinking *only* water before the test is permitted. Take all of your regular medications before the test unless directed otherwise by your doctor. Medications containing Theophylline should be avoided 36-48 hours prior to the test. Be sure to check with your doctor first before holding any of your medications. If you are a diabetic test your blood sugar before you arrive at the testing area.

Diabetics should have a light meal three hours before the test. You are encouraged to bring your blood sugar meter with you. Bring a current list of all your medications with you.

Medications Containing Caffeine

- Cafergot (all forms)
- Synalgos-D
- No Doz
- Darvon compounds
- Wigraine (all forms)
- Excedrin
- Fiorinal
- Anacin

Medications Containing Theophylline

- Aerolate
- Bronkodyl
- Constant-T
- Elixophylline SR
- Theodur Sprinkle
- Theoclear L. A.
- Quibron-T/SR
- Slo-Phyllin Gyrogapas
- Theophylline SR
- Theobid Duracap
- Slo-bid Gyrocaps
- Theovent L. A.
- Theochron
- Theotair
- Respid
- Theospan SR
- Theodur
- Uniphyll
- Sustaire
- Theo-24
- Theospan Jr. Duracap

What should I expect on the day of the test?

- After you have arrived and registered for your test, a Cardiology Technologist will conduct a brief medical history, including the medications you are presently taking.
- Then an intravenous (IV) will be inserted into both your left hand or arm, and your right hand or arm.
- The Cardiology Technologist will place 12 sticky tabs to your chest for the electrocardiogram, and connect them to the wires of the electrocardiogram module. The module will be secured to your waist with a belt.

- You will then be escorted to the PET room by a Registered Nurse, who will then assist you onto the table of the PET scanner. You will lie down on your back with your left arm above your head and your right arm at your side. A strap will be placed over you for your safety.
- The RN will connect a cable to the module on your waist, and place a blood pressure cuff to your right arm, above the IV.
- The RN will then connect into the IV of your right arm and administer an IV solution in preparation for the administration of the Adenosine. Adenosine is a drug that increases the flow of blood to the arteries of the heart, similar to what exercise would do. Often people who receive Adenosine experience side effects which include dizziness, nausea, occasional vomiting, headache, or chest pain during the infusion but they quickly subside once the infusion has ended. It is important that you tell us if you are experiencing any of these side effects.
- As the nurse is preparing you to receive the Adenosine, a Nuclear Technologist will connect into the IV of your left arm in preparation for administering the Rubidium. Rubidium is a nuclear isotope, which the nuclear technologist will administer through the intravenous line of your left hand during the procedure. This isotope is a “tracer”, or agent that helps the cardiology staff to visualize the heart with the PET nuclear camera. There are no side effects from the Rubidium.
- Once you are prepared for the exam, a full scan of your torso will be made to evaluate your hearts’ position.
- An initial dose of Rubidium will be administered, and then images of your heart will be obtained. These images are known as “resting pictures”. A review of your resting pictures will be made before the Adenosine is given.
- The Adenosine is infused into the IV of your right hand over a six minute period. EKG’s and blood pressures are obtained every minute during this infusion.
- Half way during the Adenosine, a second dose of Rubidium is administered. It is important to note that while the Adenosine is being infused and the Rubidium is injected, that images of your heart are also being obtained. ***Remaining still throughout the test is very important and will add to the quality of these pictures.***
- Once the Adenosine has completely infused, the technologists will once again evaluate the quality of these final images known as “stress pictures”.
- Once it has been determined that all the pictures are good the test is completed.
- The electrocardiogram, blood pressure cuff, and the IV’s will be removed. At this time you may eat and drink normally, there are no restrictions.
- The Cardiologist will compare the resting pictures to the stress pictures and complete a final report.

How will I get the results of the test?

At no time can a technologist or registered nurse discuss results of the test. The test will be interpreted by a cardiologist, who will then send the results to the doctor who ordered the test for you. These results are normally available within five working days. Results will not be available to you the day of the test.

Directions to your appointment:

Danbury Hospital Medical Arts Center- Located at 111 Osborne Street, park in any available parking spot or in the Gold parking garage. Enter the main lobby on the first floor for registration, and then proceed to the third floor.

If you have further questions please call (203) 739-4999.

Additional information can also be found at our website; www.danburyhospital.org.

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For more information, or to learn about the specialized services and programs available at Danbury Hospital, please visit www.DanburyHospital.org