What you should know about your **Regadenoson Sestamibi Stress Test**

**Purpose:**
A Regadenoson Sestamibi Stress Test is performed to assess myocardial perfusion and left ventricular function. It gives physicians a noninvasive way of assessing the blood flow to the heart muscle. This test helps diagnose conditions of the heart that are a result of decreased blood flow, such as blockages and heart attack. This test uses a medication, called Regadenoson, to dilate the vessels in the heart muscle. This test is used for patients who are unable to walk on a treadmill or are unable to reach the necessary heart rate for the test, by walking on the treadmill.

**Preparation:**
- No caffeine for 24 hours prior to test, this includes decaffeinated coffee.
- INPATIENTS – Nothing to eat or drink from midnight on. Medications may be taken with just sips of water.
- OUTPATIENTS – Nothing to eat or drink from midnight on.
- Wear comfortable clothes and shoes.

**Procedure: What to Expect**
- Please bring a copy of your doctor’s order with you the day of the exam.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a brief health history.
- An IV will be started, if you don’t already have one.
- An injection of a radioactive isotope will be given through the IV.
- There are typically no reactions or side effects to the injection.
- After being injected with the radioactive isotope, you will be asked to wait 45 minutes while the radioisotope circulates to the heart muscle.
- Two sets of images will be taken. It is very important that you remain still while the pictures are being acquired.
- For the imaging portion, you will be positioned on your back with both arms over your head for about 20 minutes. Images are taken with a gamma camera that will rotate around your chest.
- This test takes approximately 4-6 hours.
- You will be given a medication called Regadenoson, a vasodilator, in place of treadmill exercise.
- There will be a waiting period after the treadmill portion of at least 45 minutes. This wait time could be longer depending on the number of patients scheduled for the day.
- After Regadenoson infusion, you will be given a second injection of a radioactive material for your second set of pictures.
- Eating and drinking is permitted after the treadmill portion of the test is complete. (This includes caffeine).
- After the break, another set of images will be taken. This will take about 20 minutes.