

**Kaiser Permanente Medical Center  
Department of Nuclear Medicine  
Oakland, California**

**Exercise Stress Heart Study**

1. If you eat, please eat a light meal (i.e. cereal, toast, etc.). **Do NOT have any caffeine for 24 hours.**
2. Take your medications as usual the day of the study unless your physician orders you specifically not to do so.
3. Please wear comfortable clothing. Please do not wear jewelry. **Ladies: Please wear slacks and a top.** Men and women should wear comfortable low-heeled walking shoes (no flip-flops, sandals, etc).
4. Please come to the Nuclear Medicine Department located on the second floor of the main hospital building (directly above the cafeteria) approximately **15** minutes prior to your appointment to allow time for registration. There are stairs and an elevator near the cafeteria for your convenience.
5. You will be administered two isotopes during the course of the study through an IV. Sestamibi and Thallium-201 are radioactive isotopes in liquid forms that are used routinely in medical practice to take pictures of your heart and will not affect how you feel.
6. When you arrive at the Nuclear Medicine Department, an injection of Thallium-201 will be given and pictures will be taken 15-20 minutes later. Immediately afterward, an EKG test will be performed and you will then be exercised on a treadmill, under the supervision of the Nuclear Medicine physician. At an appropriate time during the exercise an injection of Sestamibi will be given. A second set of pictures will be taken usually within 90 minutes. The entire procedure takes approximately 2.5 – 3.0 hours.
7. If you are unable to keep your appointment, or if the date is inconvenient, please call us at **(510) 752-6210** so we may change your appointment and cancel the radioactive medicines ordered especially for you. The radioactive medicines are very expensive and are good only that same day.
8. If you need information regarding parking or directions in locating the hospital please call us at (510) 752-6210.