

**MaineHealth Stress Test Decision Making Flow Chart**  
**For Assessment of Ischemic Heart Disease†**

|  | YES | NO | N/A |
|--|-----|----|-----|
| Does the patient have completed negative lab work for MI?  |     |    |     |
| Has the patient been or can (s)he be NPO at least 3 hours?   |     |    |     |
| Has the patient had no caffeine for $\geq 12$ hrs prior to SPECT/PET?  |     |    |     |
| Does the patient have or can (s)he have a working peripheral IV line?<br>(inpatient, ED and all nuclear cardiology procedures only)  |     |    |     |
| Is the patient medically stable?<br><input type="checkbox"/> No unstable angina, concern for aortic dissection or pulmonary embolism<br><input type="checkbox"/> No respiratory distress<br><input type="checkbox"/> No profound hypotension (systolic <90) or hypertension ( $\geq 200/110$ )<br><input type="checkbox"/> No acute vomiting/diarrhea, etc |     |    |     |
| Patient is available and not scheduled for other <i>same day</i> testing such as:<br><input type="checkbox"/> Heart catheterization<br><input type="checkbox"/> Dialysis<br><input type="checkbox"/> MRI/CT with contrast<br><input type="checkbox"/> Other nuclear medicine exams (HIDA, VQ)  |     |    |     |
| Patient is agreeable to Full Code status during stress test?   |     |    |     |
| <b>If answers above are "No," patient is not ready for stress testing</b>  |     |    |     |

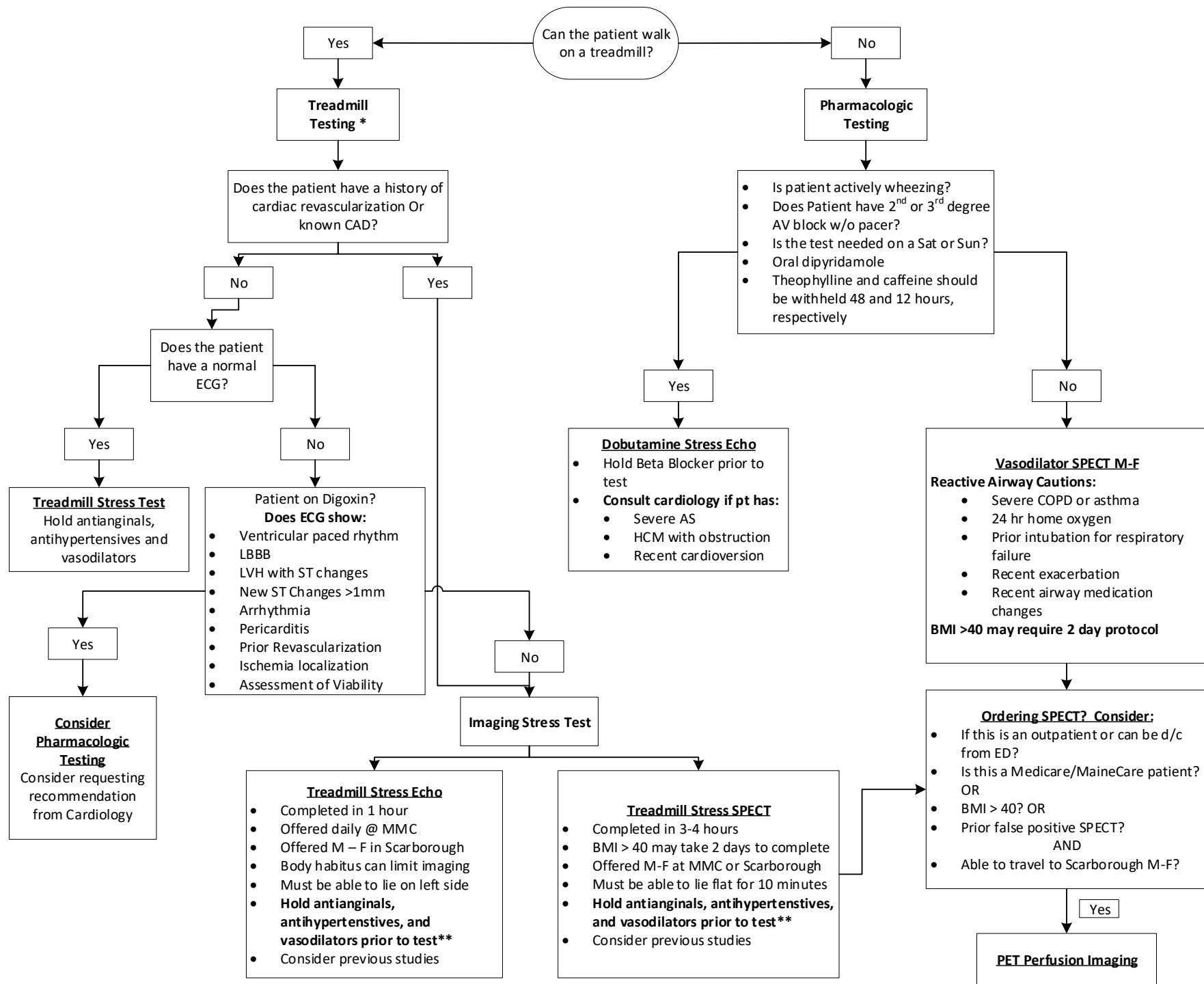
***If the answers above are YES, please follow the Algorithm on page 2 to determine appropriate stress test.***

***\*\*\*Inpatient and Emergency Department: Your test will not be scheduled if this checklist is not complete\*\*\****

† This chart does not encompass guidelines for the evaluation of non-ischemic heart disease (i.e. valvular or structural abnormalities or complaints such as dyspnea). Further considerations and guidance will be required. Cardiology is available for assistance. Consider imaging in patients with DM. In general a regular treadmill stress test is not used and SPECT/PET is preferable over stress echocardiography in patients with prior MI or known CAD

\* If patient is physically active but cannot use treadmill safely, a supine bicycle ergometer test can be considered.

\*\* Withhold for patients without history of CAD. Continue usual medical therapy for patients with known CAD or receiving regadenoson.



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