

PATIENT INSTRUCTIONS FOR PHARMACOLOGIC STRESS TEST



PH: 480-945-4343 | Fax: 480-945-4350

Patient Name: _____ Exam Date: _____ Appointment Time: _____

What is a Lexiscan Nuclear Stress Test?

This is a two-part test to determine how well blood flows in the heart muscle. The lexiscan stress test involves injecting a medication called lexiscan into your IV while you are closely monitored. The medication makes the heart respond as if you are exercising.

What happens during a Lexiscan Nuclear Stress Test?

The first part of the test is the Resting Stage. Upon arrival for your appointment, the Nuclear Medicine Technologist will explain the test in detail and begin to place an intravenous line (I.V) into the vein of your arm.

The Nuclear Technician will then inject a small amount of a radioactive tracer called *Cardiolite* through your I.V. You will then be asked to wait in the front lobby for 45-60 minutes to allow the tracer to circulate to your heart. During this time, you will be asked to drink a minimum of two cups of water.

Shortly after your wait, you will be brought back to our imaging room to allow our Nuclear Technician to take pictures of your heart with a special gamma camera. The camera will record images

The second part of the test will begin with an infusion of lexiscan (the stress agent) and another small dose of cardiolite. You will be asked to wait again for 45-60 minutes and be asked to drink another 2 cups of water. You will then be brought back to our imaging room for the last set of images.

IF YOU ARE OVER 250 LBS

In order to ensure you are scheduled for the proper test, **please notify our office if your weight exceeds 250 pounds.** If so, it may be necessary to perform testing in two separate days:

- a. **Resting Test (part one)** there will be no restrictions on diet. **Testing will take about 2 hours.**
Please follow instructions 1-5 on page 2.
- b. **Stress Test (part two)** please follow instructions 1-5 on page 2. **Testing will take about 2 hours.**

Please be advised that you MUST call 24 hours prior to your exam to cancel. You may be charged \$150.00 for loss of medication that has been ordered for you in advance.

If you have any questions, please call our office and speak with a staff member who will gladly help you.

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NUCLEAR LEXISCAN/TREADMILL CARDIOLITE STRESS TEST PREPARATION

PLEASE REVIEW THESE INSTRUCTIONS 2 DAYS BEFORE YOUR TEST. PLEASE CALL OUR OFFICE AT IF YOU HAVE ANY QUESTIONS.

1. NO FOOD 4 HOURS PRIOR TO THE TEST. YOU CAN HAVE WATER FOR A BETTER I.V. ASSESS.
2. **DO NOT CONSUME ANY CAFFEINE, DECAFFEINATED BEVERAGES: COFFEE, TEA, CHOCOLATE, ENERGY DRINKS, EXCEDRINE, ASPIRIN FOR 24 HOURS BEFORE THE TEST. PLEASE DRINK PLENTY OF WATER FOR 24 HOURS PRIOR TO TESTING FOR HYDRATION.**
3. DO NOT USE TOBACCO, VAPING, NICOTINE PATCHES AND GUM OR CONSUME ALCOHOL PRODUCTS FOR 12 HOURS PRIOR TO THE TEST.
4. Wear comfortable, loose-fitting clothing such as sweatpants, jeans or walking shorts (NO ONE-PIECE ITEMS: jumpsuits or dresses). No jewelry, necklaces, or metal buttons on the chest area. WEAR WARM CLOTHING!
5. Please shower or bathe the day of the test. **NO POWDERS or LOTIONS should be applied to chest.**
6. Please plan your day around this as you will be required to be here for 3-4 hours.
7. If you are diabetic, please hold all diabetic medications the day of the test. If you are currently on insulin, bring your insulin with you. Bring a snack if you like. Also DON'T take Aspirin the day of the test.
8. DISCONTINUE USE OF YOUR BETA BLOCKER 48 HOURS PRIOR TO THE TEST. Take all other medications the day of the test as normal. *Please speak to a Medical Assistant "MA" if you are not sure if you take a Beta Blocker.

BETA BLOCKERS

<u>NAME BRAND</u>	<u>GENERIC NAME</u>
Sectral	(Acebutolol)
Tenormin	(Atenolol)
Kerlone	(Betaxolol)
Zebeta	(Bisoprolol)
Coreg	(Carvedilol)
Normodyne	(Labetalol)
Lopressor	(Metoprolol Tartrate)
Toprol XL	(Metoprolol Succinate)
Corgard	(Nadalol)
Levitol	(Penbutolol)
Visken	(Pindolol)
Inderal	(Propranolol)
Blocadren	(Timolol)
Trandate	(Labetalol)
Bystolic	(Nebivolol)

1. Stop taking any Beta Blocker medication 48 hours (2 days) before taking the Nuclear Stress Test.
2. Stop taking any Beta Blocker medication 48 hours (2 days) before taking the Treadmill or T- Wave Alternate test.
3. Take all medications as usual.
4. DAYS TO STOP TAKING BETA BLOCKERS _____ & _____.

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