

NUCLEAR LEXISCAN/TREADMILL CARDIOLITE STRESS TEST PREPARATION

IMPORTANT

PLEASE REVIEW THESE INSTRUCTIONS 2 DAYS BEFORE YOUR TEST.
CALL OUR OFFICE AT (480) 945-4343 IF YOU HAVE ANY QUESTIONS.

Please Note: Appointment time and date may change based upon availability of medication used for testing.

1. DO NOT CONSUME ANY CAFFEINE, DECAFFEINATED BEVERAGES, TEA, COFFEE OR CHOCOLATE FOR 24 HOURS BEFORE THE TEST.
2. DO NOT USE TOBACCO OR CONSUME ALCOHOL PRODUCTS FOR 12 HOURS PRIOR TO THE TEST. THIS INCLUDES NICOTINE PATCHES AND GUM.
3. YOU SHOULD HAVE A LIGHT BREAKFAST THE MORNING OF YOUR TEST: YOGURT, OATMEAL, CEREAL, TOAST, (*nothing heavy or greasy*). DRINK PLENTY OF WATER - REMEMBER NO CAFFEINE.
4. Wear comfortable, loose-fitting clothing such as sweatpants, jeans or walking shorts (*no one-piece items, jumpsuits or dresses*). Please DO NOT wear any jewelry, necklaces or metal buttons on the chest area.
5. Please shower or bathe the day of the test. DO NOT apply any powders, lotions or oils to the chest area.
6. **PLEASE ALLOW AT LEAST 5 HOURS FOR COMPLETION OF THE STRESS TEST.** This includes preparation time, camera time and post-test monitoring. **Please be advised: If emergencies arise, testing may be longer.**
7. ***DISCONTINUE USE OF YOUR BETA BLOCKER 24 HOURS PRIOR TO 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.*
8. If you are a diabetic, tell our staff prior to the test. If you are currently on insulin, bring your insulin with you.
9. 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 on two separate days:
 - a. **Resting Test (*part one*)** there will be no restrictions on diet. **Testing will take about 2 hours.** Please follow instructions #3, #4, #5 and #8 above.
 - b. **Stress Test (*part two*)** please follow all directions listed above. **Testing will take about 2 hours.**

PHARMACOLOGIC (LEXISCAN) MYOCARDIAL PERFUSION TEST PROCEDURE

This is a two-part test for diagnosing blockages in the coronary arteries of your heart. The first part of the test is a Resting Test. Upon arrival to the office for your appointment, the Nuclear Medicine Technologist will explain the test in detail to you and begin to place an I.V. into a vein in your arm.

The Nuclear Technician will then inject a Radioactive Isotope called Cardiolite through your I.V. You will then be asked to wait in the front lobby for 45 to 60 minutes to allow the Cardiolite to circulate through your arteries and accumulate in your heart.

While you are waiting for pictures of your heart to be taken with our Nuclear Gamma Camera, you will be asked to drink a minimum of two cups of water.

You will be given an infusion of Lexiscan (*Stress Agent*) and another dose of Cardiolite through your I.V.

Once the Nuclear Stress Test is complete, you will be asked to wait in the front lobby for 45 to 60 minutes while you drink a minimum of two more cups of water. You will then have the last set of pictures that complete your test.

BEFORE YOU LEAVE THE OFFICE, PLEASE CONFIRM THAT YOU ARE SCHEDULED FOR A FOLLOW-UP APPOINTMENT TO RECEIVE YOUR TEST RESULTS.

140 South Power Road
Mesa, Arizona 85206-5297