

## **NUCLEAR STRESS TEST with LEXISCAN - INSTRUCTIONS**

1. **NO CAFFEINE OR DECAFFEINATED PRODUCTS, including but not limited to coffee, tea, soda, chocolate or excedrin 24 hours prior to exam.**
2. **DO NOT STOP ANY OF YOUR MEDICATIONS.**
3. Please drink plenty of water the day before and the day of the test. You may also want to bring a bottle of cold water with you.
4. **Please arrive 15 minutes** prior to your appointment time to complete check-in.
5. You may have a light breakfast (toast, cereal and juice). **NO CAFFEINE. If you are having an afternoon study you may have a light lunch, NO CAFFEINE. Diabetics may eat and take their diabetic medications without restrictions.**
6. Wear comfortable clothing. **No long sleeves. No dresses. You may want to bring a sweater with you.**
7. Plan to be in our office for 2-3 hours. You may want to bring reading material with you.

### **About this test:**

The radioactive tracer is injected through an IV. You will have two nuclear scans. The Lexiscan will take the place of walking on a treadmill. If you have any questions, please call the Nuclear Medicine Department at 623-875-5518. You will be notified of your test results in 7 to 10 business days or at your next appointment with the physician.

**\*\*\* Cancellations must be made within 24 hours or a \$100.00 fee will be assessed.\*\*\***