

Lexiscan Nuclear Stress Test Preparation Instructions

If you are unable to keep this testing appointment, you **MUST** call to cancel.

Your physician has ordered a nuclear stress test. This is a noninvasive method of detecting heart disease. It is used to evaluate patients who have chest discomfort, to monitor heart function in patients with known heart disease, or to evaluate the progress of patients who have had previous angioplasties or stents.

Test Preparation:

DO NOT TAKE THE FOLLOWING MEDICATIONS FOR 48 HOURS PRIOR TO TEST:

AEROLATE	SUSTAIRE	THEO ORGANIDIN
BRONKODYL	T-PHYL	THEOSPAN SR
CONSTANT-T	TEDRAL SA	THEO SAV
ELIXOPHYLLIN	THEO-24	THEOSTAT
LUFYLLIN	THEO BID DURACAP	THEO VENT LONG ACTING
MARAX	THEO BID JR. DURACAP	THEOX
PRIMAATENE TABLETS	THEOCHRON	TRENTAL
QUADRINAL	THEOCLEAR LA	RESPID
QUIBRON-SR	THEO DUR	UNI DUR
SLO-BID GYRO CAPS	THEO DUR SPRINKLE	UNIPHYL
SLO-PHYLLIN GYRO CAPS	THEOLAIR SR	AGGRENOX

DO NOT TAKE THE FOLLOWING MEDICATIONS FOR 24 HOURS PRIOR TO TEST:

ANACIN	FIORINAL	VIAGRA
CAFERGOT	NO DOZ	VIGROMAX
DARVON	NORGESIC	LEVITRA
ESGIC	FORTE	CIALIS
EXCEDRIN	SYNALGOS	
FIORICET NORGESIC	WIGRAINE	

NO CAFFEINE FOR 24 HOURS PRIOR TO TESTING. This includes: Coffee this includes decaf, no pop/soda of any kind, chocolate, cold medications, etc. ANY product that might include caffeine.

Nothing to eat or drink 4-6 hours prior to appointment time.

Nitroglycerin patches must be taken off 1 hour before testing.

Patients may bring a snack to eat AFTER the test is complete.

NO SMOKING FOR 24 HOURS PRIOR TO YOUR TEST.

Oxygen dependent patients, please bring additional tank.

CLOTHING

We recommend you wear a loose, 2-piece outfit

Please wear shoes suitable for exercise on our treadmill

Please refrain from applying lotion or powder to your chest on test day

It can be cold in office, please bring a blanket if you think it is needed.

Diabetic Patients: You will be fasting for at least 4 hours prior to your exam. You can decide when to take your medications based on your eating schedule, so please bring them with you.

About your nuclear stress test:

Your physician has determined that you would not be able to perform an exercise test; such as walking on a treadmill to stress your heart. This may be because of physical limitations or some other heart-related concerns. A Pharmacological or medication stress test will be performed using the drug Lexiscan. Lexiscan has the effect of dilating blood vessels to simulate exercise. Electrodes will be placed on your chest and connect wires to an EKG machine to monitor your heart rhythm. A blood pressure (BP) cuff will also be placed around your arm to monitor your BP throughout the test. Lexiscan will be administered through the IV over a 1 minute period. Side effects include facial flushing, chest heaviness, shortness of breath, headache and sometimes stomach cramps. These side effects, if you should have any, will only last a few minutes. Report any of the above symptoms to the tech as the testing is occurring. Midway through the infusion of Lexiscan a second radionuclide will be injected into the IV. Once the Lexiscan is complete any side effects that have occurred should resolve within 2-3 minutes after the medication has been stopped. Your blood pressure and EKG will be monitored for several more minutes after the medication has been infused. You will lie under the camera again for a second set of images.