LEXISCAN NUCLEAR CARDIAC STRESS TEST

Patient Instructions Prior to the Procedure



1. You have been scheduled for a Nuclear Stress test. The purpose of your test is to determine if and/or where you have any restriction in blood flow to heart muscle. We do this by taking and comparing two pictures of your heart. The first picture, your resting scan, depicts the blood flow to your heart muscle when you are at a relaxed state. The second picture, your stress scan, depicts the blood flow to your heart muscle when your heart arteries are dilated.
2. It is necessary that you **do not eat during the 4 hours prior to your appointment** time. Doing so will cause your test to be rescheduled. You are allowed to drink water or juice during your fasting period. If you have diabetes, you can decide when to take your medications based on your eating schedule, so please bring them with you.
3. **Avoid coffee, decongestants, and all caffeinated products for the 24 hours prior to your appointment.** This includes decaffeinated drinks, as well as chocolate & cocoa products, tea (iced, brewed, & instant), soda pop (including those labeled as caffeine-free), diet supplements (energy drinks, bars, as well as products containing guarana) and over-the-counter medication that is made with caffeine (Anacin, Excedrin, No-Doz, Vivarin).
4. **Do not** take medications containing **Dipyridamole/Persantine** or **Aggrenox** for the 48 hours prior to your test. Take all other scheduled medications unless otherwise instructed by your doctor.
5. We recommend you wear a loose, **2-piece outfit.** Please refrain from applying lotion or powder to your chest on test day. For women, refrain from wearing an under wire bra on the day of your test.
6. When you arrive for your appointment, an IV line will be placed in a vein of your arm. You will then receive an injection of a radioactive tracer. There are no symptoms or side effects from this injection. We will let this tracer circulate for a short period and then take your resting scan. This picture will take about 15 minutes.
7. After your resting images, you will be set up for the stress portion of the exam, which involves injection of Regadenoson/Lexiscan (a medication that dilates the arteries of the heart, simulating exercise). A saline flush will be attached to your IV, and ECG leads will be placed on your chest. The drug may induce some minor symptoms (e.g. flushing) during the procedure, but should subside very quickly upon completion of the test.
8. During the stress test, a second injection of the radioactive tracer will be administered through your IV, and your stress images will then be taken 30-60 minutes after. The radioactive tracer gradually decays down and has a half-life of 6 hours. The injections are **not** related to iodine contrast dye.
9. **The entire test will take approximately 2 to 4 hours.** You may drive your car home.
10. If you have any question prior to or after the procedure, please call the office at (805) 540-2081.

Test Date & Time: _____

Test Location: **Central Cardiology SLO, 35 Casa Street, Suite 340, San Luis Obispo, CA**

NOTICE: *The medication/tracer to be used during the test is ordered at an external laboratory the day before your scheduled procedure. The medication is expensive and is prepared specifically for you. It expires shortly after your scheduled test appointment, and it* ***cannot*** *be returned or used on another day. A 24-hour advanced notice is required if you need to reschedule. If you do not reschedule in time or show up for your appointment, you may be personally charged $250 for the cost of the medication.*

By signing below, I acknowledge I have read and understood the preparation and rescheduling requirements, and have been given a copy.

Patient Name: _____ **DOB:** _____ **Signature/Date:** _____

Central Cardiology
San Luis Obispo