



## Intercoastal **Cardiac & Vascular Specialists**

### **NUCLEAR LEXISCAN STRESS INSTRUCTIONS: 1-DAY PROTOCOL**

Patient Name \_\_\_\_\_ Referring Physician \_\_\_\_\_

Test Appointment Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Address: Intercoastal Cardiology 965 S. Beneva Road, Sarasota FL, 34232 (941-366-1888)

**\*\*\*PLEASE READ ALL INSTRUCTIONS AT LEAST 2 DAYS BEFORE YOUR TEST\*\*\***

**Expect to be here for 2-3 hours to complete both portions of this test**

#### **Nuclear Resting Test:**

An IV will be administered and you will receive a dose of radioactive isotope. Shortly after, you will lie on a table as a Gamma camera encircles your chest and records images of your heart.

#### **Nuclear Stress Test:**

You will be hooked up to the EKG machine. You will lie down on a stretcher and a medication called Lexiscan will be injected through your IV followed by the radiotracer. Your heart rate, blood pressure, and EKG will be monitored during the test and recovery. You will then drink a cold caffeinated beverage and have another set of images.

#### **Instructions for STRESS Test:**

Medications: If you take **Aggrenox**, **Persantine**, or **Dipyridamole**, please call for special instructions.

- All medications **MUST** be taken as you normally would. There is a possibility that you will not be able to do the stress test if you do not take all normal medications, ESPECIALLY BLOOD PRESSURE MEDICATIONS.

#### Food:

- No alcohol or caffeine 12 hours prior to the stress test. This includes coffee, decaf, teas, sodas and chocolate.
- No food 3 hours prior to test, but you may continue drinking water up to your appointment time

#### Other:

- No exercise on the day of your stress test, before or after.
- Wear comfortable clothes, no dresses. Ladies, please wear/bring a bra.
- Wear walking shoes with a rubber sole that do not slide off the feet (No sandals, heels, etc).
- Shower or bathe before the test. Do not use lotions, creams, or oils on the chest. It is important that the skin is clean for adequate monitoring during the stress test.

\*Due to the nature of testing, only the medical staff and individual patients are allowed in the testing area.\*