



Name: _____ Provider: _____
Date: _____ Time: _____

NON-EXERCISE / LEXISCAN NUCLEAR STRESS TEST

A Lexiscan nuclear test is a non-invasive, non-exercising stress test. Pre and post scans will be done in order to evaluate the perfusion of your heart muscle from the coronary arteries. This test is done in three parts and will not require any walking. The test will take 3 to 4 hours.

Procedure:

- The technologist will start an IV in your arm or hand
- You will be given an injection of a radioactive material through the IV.
- You will lie on your back on the imaging table.
- Images will be taken of your heart with a special camera. This will take about 25 minutes. You must lie still during the images.
- You will go to the stress lab for the stress portion of the exam. The stress tech will place ECG patches on your chest and a blood pressure cuff on your arm. These will be used to monitor you during the exam.
- You will get an injection of Lexiscan and a radioactive material through the IV.
- When the Lexiscan portion of the test is completed, your IV will be taken out.
- After the stress test, a second set of pictures will be taken of your heart in the nuclear imaging room. The images will take about 15 to 20 minutes. You must lie still during the images.

Instruction checklist for the Stress Test:

1. Please take all of your scheduled medications on that day, unless directed by your provider. Your physician may also ask you to stop taking other heart medications on the day of your test. If you have any questions about your medications, ask your physician. **Do not discontinue any medication without first talking to your physician.**
2. **Do not** eat (chocolate) or drink foods containing **CAFFEINE** for **24 hours** prior to the test (this includes some headache medications). Products labeled decaffeinated and caffeine-free contain trace amounts of caffeine and should be avoided. Caffeine will interfere with the results of your test. If you have had caffeine products within 24 hours of your test, you will be rescheduled.
 - It's okay to drink small amounts of water prior to the test.
 - You may have a light meal up to **4 hours BEFORE** your test.
3. Wear comfortable clothing and **athletic/rubber soled shoes**. Pants or shorts and short sleeve shirts are preferred. Do not wear one-piece garments or body suits.
4. Do not apply any after shave, creams, lotions, or powder to your chest and neck area on the day of your test. You may wear deodorant.
5. If you have a history of wheezing, asthma, chronic lung disease, or take **Theophylline or Aminophylline** type medications, please inform the technician and if applicable, bring your inhaler to your appointment.
6. Do not smoke 24 hours prior to the test.

7. **Diabetic patients:** If you are on insulin or oral hypoglycemic medications, **eat a light snack 2 hours before** your appointment and **TAKE** your diabetic medications.

Cancellation Policy:

Please contact us **24 hours** prior if you are unable to make your appointment. If you do not show for your scheduled appointment you will be responsible for a \$75 service charge for the medication.

BETA BLOCKERS

BRAND NAMES	GENERIC NAMES
Betapace	Sotalol
Blocadren	Timolol
Brevibloc	Esmolol
Bystolic	Nebivolol
Cartrol	Carteolol
Coreg	Carvedilol
Corgard	Nadolol
Corzide	Nadolol / Bendroflumethiazide
Inderal	Propranolol
Inderide	Propranolol / HCTZ
Kerlone	Betaxolol
Levatol	Penbutolol
Lopressor HCT	Metoprolol / HCTZ
Lopressor	Metoprolol
Normodyne	Labetalol
Sectral	Acebutolol
Tenoretic	Atenolol / Chlorthalidone
Tenormin	Atenolol
Timolide	Metoprolol
Trandate	Labetalol
Visken	Pindolol
Zebeta	Bisoprolol
Lopressor	Toprol
Ziac	Bisoprolol Fumarate & HCTZ