

## PREPARATION FOR LEXISCAN NUCLEAR STRESS TEST

*Please read all instructions carefully:*

- ♥ **NO CAFFEINE 12 hours** prior to Lexiscan test day (**this includes chocolate, colas, coffee or tea and all products labeled decaffeinated or caffeine free**).
- ♥ **NO DIPYRIDAMOLE 48 hours** prior to testing.
- ♥ **NO FOOD 3-4 hours** prior to testing. You may drink water during this time.
- ♥ **DIABETIC PATIENTS** follow normal regimen, but eat light. You may have juice before the test if needed.
- ♥ **NO SMOKING OR EXERCISE 8 hours** before testing.
- ♥ **You will have an IV started for this procedure.**
- ♥ If your test is scheduled in the afternoon, eat a light meal 3-4 hours prior to testing. Please do not fast all day for this test.
- ♥ Wear loose comfortable clothes and shoes. Please wear short sleeve shirt/t-shirt and pants/shorts. Please do not wear dresses or overalls.
- ♥ As a part of this test you will need to bring a fatty meal or you may choose to go out to eat (returning in one hour) after the completion of the Lexiscan infusion. This must be a minimum of 10 grams of fat (most fast foods will meet this requirement or you can bring food from home). Do not eat this food until instructed by the nuclear tech. After eating you will need to return to have images taken, this will take approximately 20 min.
- ♥ **On the day of the stress test, please bring a list with dosages or bottles of your medications (including any supplements or over the counter) your inhaler(s), insurance card(s) and driver's license.**
- ♥ Take all of your regularly scheduled **MEDICATIONS** as prescribed **EXCEPT** the medicines listed below. **DO NOT TAKE THESE MEDICINES** (listed below) 48 HOURS prior to your test.

AGGRENOX	ANACIN	EXCEDRIN	MIDOL
DIPYRIDAMOLE	TRIAMINICIN	MIGRANE MEDS WITH CAFFEINE	DRISTAN

**Cancellation of a nuclear stress test requires twenty-four (24) hours notice, otherwise there will be a charge to the patient of \$75 for the cost of the isotope.**