PREPARATION FOR LEXISCAN NUCLEAR STRESS TEST

Please read all instructions carefully: Total time of testing: 120-180 minutes

- ♥ **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 THEOPHYLLINE 12 hours** prior to the test
- ♥ **NO *AGGRENOX(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 eat a snack after the Lexiscan but prior to the second picture of your heart. The snack break is approximately 45-60 minutes. This should to be a minimum of 10 grams of fat (you can bring food from home). Do not eat this food **until** instructed by the nuclear tech. The final images will take approximately 20-30 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 for the cost of the isotope.

Appointment Date: _____ Time: _____