1. You may have a LIGHT MEAL (such as dry toast with juice) AT LEAST 3-4 HOURS BEFORE YOUR TEST. You should not eat or drink again until after the test. Please wear a comfortable 2-piece outfit.

2. It is important that you arrive on time for your test. Due to the nature of the test, there are waiting times at the beginning and at different stages of the test. These are a normal part of the test protocol. Your dose and scanning materials will start being prepared when you sign in. If you are late for your appointment, it is likely that the next patient will have been taken due to the planned schedule.

3. YOU SHOULD PLAN TO BE IN THE OFFICE FOR 3-4 HOURS.

   The test is given in three parts:

   1. An IV will be placed in your arm. A small amount of radioisotope (radioactive material) is injected through the IV. The amount of radiation you will be exposed to is similar to that of a set of chest X-rays. After a waiting period, a special camera takes pictures of your heart while you remain very still.

   2. After the scan, Lexiscan will be injected through the IV. This medication is used to increase blood flow to your heart and will be injected over 10 seconds. A final injection of radioisotope will be injected about 25-30 seconds after the Lexiscan injection.

   3. Following a waiting period, the camera will take a second set of pictures of your heart. These pictures will allow the physician to compare the amount of blood flowing through the heart muscle during stress and at rest.

**PREPARATION INSTRUCTIONS**

1. If you are diabetic and your test is scheduled before 12 noon, you should have a light breakfast (toast & juice) and ½ of your morning insulin dose at least 3-4 hours before your appointment. For appointments after 12 noon, you may have a full breakfast with your entire morning dose of insulin.
   
   You may have a light snack 2-3 hours before your test. Fruit juice will be available if necessary.

2. Please notify the nurse if you have **asthma, bronchitis**, or if you are currently taking **Theo-dur (theophylline)** or using **inhalers**. If you are actively wheezing, you may need to be changed to an alternate type of test, which will be decided by the MD after lung assessment.

3. Do not smoke for 24 hours prior to the test.

4. Do not consume caffeine 12 hours prior to the test. This includes: coffee, cola, tea, chocolate, or any medications containing caffeine (such as diet pills or some headache medications).
LEXISCAN CARDIOLITE STRESS TEST
MEDICATION INSTRUCTIONS

1. If you have been prescribed any of the following medications, **you must HOLD them for 24 hours prior to your test.**

<table>
<thead>
<tr>
<th>NAME</th>
<th>GENERIC NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Levitra</td>
<td>Vardenafil Hcl</td>
</tr>
<tr>
<td>Viagra</td>
<td>Sildenafil citrate</td>
</tr>
<tr>
<td>Cialis</td>
<td>Tadalafil</td>
</tr>
<tr>
<td>Persantine</td>
<td>Dypridamole</td>
</tr>
<tr>
<td>Aggrenox</td>
<td>Dypridamole</td>
</tr>
<tr>
<td>Theophylline</td>
<td>Theo-Dur</td>
</tr>
</tbody>
</table>

**TAKE ALL OTHER SCHEDULED MEDICATIONS IF THEY ARE NOT LISTED ABOVE.**

* FAILURE TO FOLLOW THE INSTRUCTIONS PROVIDED ON THIS PATIENT INFORMATION SHEET COULD RESULT IN YOUR TEST BEING RESCHEDULED!*  

If you have any questions, please call 349-6800. If it becomes necessary to reschedule your appointment, please do so **at least 1 working day before your test** by calling 349-6810.