**MONMOUTH CARDIOLOGY ASSOCIATES, LLC**

**LEXISCAN NUCLEAR STRESS TEST INSTRUCTIONS** (Pharmacological)

Your physician has ordered a Lexiscan (pharmacological) nuclear stress test. The test takes approximately 3½ hours and you are required to stay in the building until the test is completed. By running a continuous ECG, monitoring your heart rate, and taking your blood pressure frequently, the doctor can determine your heart's capacity to tolerate exercise. In addition, a radioactive tracer will be injected intravenously into your blood stream and pictures will be taken of your heart. Listed below are some instructions and information about this test.

1. Since these are timed studies, your prompt arrival is required.
2. Wear comfortable walking shoes and clothing, preferably a pullover shirt with loose sleeves; no metal

buttons, snaps, or metallic decor on the front of the shirt. WOMEN SHOULD WEAR A BRA.

1. Please leave all jewelry worn around the neck at home.

4. No perfume, scented body spray or lotion.

5. **MEDICATIONS TO AVOID:** Dipyridamole (AKA Persantine), theophylline (or anything containing

Theophylline) and asthma medications (NO INHALER; bring them with you to the test). Nonprescription

and prescriptions such as: Anacin, Cafergot, Darvon, Excedrin, Fiorinal, NoDoz, Wigraine.

TAKE ALL OTHER MEDICATIONS UNLESS OTHERWISE INSTRUCTED BY OUR OFFICE.

The technician will call you the day before to review your medications. Please bring all medications you are

taking to the appointment.

6. You may eat or drink up to 3 hours before arrival time. NO DAIRY (milk, butter, eggs, etc) the day of the test.

7. You are encouraged to drink water up until the time of test.

8. **Diabetic patients may eat 2 hours prior to arrival time and should consult the physician that manages**

**their diabetes for instructions regarding their medication.**

9. **NO caffeinated or decaffeinated** beverages for 24 hours prior to the test. **NO CAFFEINE** at all, such as coffee,

chocolate, tea, or soda.

10. NO ALCOHOL 24-hours prior to the test.

11. Please bring your insurance card, prescription from you primary care physician, referral and precertification

numbers if required.

12. There are no driving limitations after this test (you may drive).

**ABOUT THE TEST:**

* You will receive an injection of an isotope and be asked to sit in the waiting room for a period of time, after which the first

set of pictures will be taken of your heart.

* You will then be prepared by a cardiac technician, who, along with the doctor and nuclear medicine technologist will perform your stress test.
* Because you are unable to perform physical exercise to the needed levels of exertion, your doctor will use a drug called Lexiscan. This drug simulates the effect of exercise by expanding the coronary arteries, which increases blood flow to the heart. Once the Lexiscan takes effect, you will be given an injection of another isotope and asked to sit in the waiting room for a period of time (approximately 1 hour).
* A second set of pictures will then be taken of your heart, after which the test is complete and you can resume normal activity (no vigorous exercise).
* Please be patient while waiting for your pictures. You will be taken in order of your scanning time.

**\*\*\*48 HOUR NOTICE IS REQUIRED TO CANCEL THIS TEST\*\*\***

In the event 48 hours notice is not given, there will be a charge for the missed appointment of $100.00 for all in-office testing including, but not limited to: nuclear stress tests, echocardiograms, carotids, stress echocardiograms, and vascular studies. There will also be a $100.00 charge for missed New Patient appointments. This charge will need to be paid before a second appointment can be made.

Your appointment is scheduled for in our

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| EATONTOWN OFFICE  11 Meridian Road  Eatontown, NJ 07724  732-663-0300 | FREEHOLD OFFICE  222 Schanck Road, Suite 104  Freehold, NJ 07728  732-431-1332 |

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