

## Lexiscan Cardiolite Stress Test

This instruction sheet for your home care has been prepared by Faith Regional Health Services. It includes the basic points of your care and we believe that it will help in your recovery at home. If you have any questions, please feel free to ask them.

Your doctor has recommended that you have a Lexiscan Cardiolite Stress Test to help evaluate the condition of your heart and its arteries. The results of this test will help your doctor determine if your coronary arteries have become narrowed or blocked as a result of coronary artery disease, and then decide the best course of treatment.

### What happens during the test?

You will be taken to Radiology where an IV line will be started in order to give a small dose of the isotope during the test. A special camera will take pictures of your heart, called a “resting scan.” You will rest on your back with your arms above your head while a special camera takes pictures of your heart. After the first set of pictures, you will be taken to Cardiopulmonary, where the stress test will be performed. Electrodes are placed on the chest to record an EKG which monitors the electrical activity of the heart.

A medication called Lexiscan will be injected during a minute period. As the medication is given, you may feel flushed, chest pressure/pain, shortness of breath or some other discomfort. This is a common reaction, but it is important to tell the doctor just what you are feeling. Usually, these effects disappear by themselves within a minute or two after the injection is over. When the infusion is complete, you will return to Radiology for “post stress” pictures of your heart. These images are compared to the images obtained during the first part of the test. When the test is complete, your doctor will know more about the blood flow to your heart muscle and your health.

### How do I prepare for the test?

You should not eat or drink for at least 4 hours prior to the test. Also, certain ingredients that exist in foods and medication may interfere with the test. These ingredients include caffeine, theophylline and dipyridamole. What does this mean?

For 24 hours before your test, please do not eat or drink any of the foods, and do not take any of the medications on the list below.

- NO coffee or tea that is brewed, instant, iced or decaffeinated. No colas or other soft drinks that contain caffeine, including those labeled “caffeine-free.”
- NO chocolates, including candies, frosting, cookies, pies, cocoa and chocolate milk.
- NO aspirin products that contain caffeine, such as Anacin and Excedrin.
- NO Persantine (dipyridamole)
- NO theophylline or theophylline containing products such as Constant-T, Primatine, Quibron, Slo-Phylline or Theo-Dur.

This is only a partial list. Check product labels or ask your doctor to be sure of what products to avoid before your test. This will help ensure that your test will go as smoothly as possible.

If you are diabetic, check with your doctor regarding your medications and the eating restriction.

**Additional Information:**

- Testing is performed Monday through Friday at Faith Regional's West Campus.
- Enter the hospital through the main entrance and check in at the information desk to register.
- Please bring a current list of medications and doses.

Date and time of your test: \_\_\_\_\_

Check into admitting desk at: \_\_\_\_\_

Results from your test will be discussed with you at your next scheduled office appointment. If you cannot make your scheduled appointment time, please call (402)644-7121.

\* IF YOU HAVE CONSUMED CAFFEINE WITHIN 24 HOURS PRIOR TO THE STRESS TEST, THE PROCEDURE WILL NOT BE PERFORMED. YOU MAY BE BILLED FOR THE MEDICATION, LEXISCAN, WHICH AMOUNTS TO APPROXIMATELY \$200, EVEN THOUGH THE TEST IS NOT PERFORMED.

THESE INSTRUCTIONS WERE VERBALIZED AND GIVEN TO ME, AND I UNDERSTAND.

SIGNATURE \_\_\_\_\_

If you have any questions or concerns about your test and cannot reach your doctor, you can call Faith Regional Cardiopulmonary at (402)644-7517.