



## ASSOCIATES IN CARDIOLOGY, P.A.

### **INSTRUCTIONS FOR EXERCISE NUCLEAR STRESS TEST**

**THERE IS A \$100 NO SHOW FEE IF YOU MISS OR CANCEL LESS THAN 24HRS PRIOR TO THE SCHEDULED TEST.**

**DO NOT EAT FOR 2 TO 3 HOURS BEFORE THE START OF THE TEST.**

**NO CAFFEINE 12 HOURS BEFORE APPOINTMENT. YOU MAY DRINK WATER.**

PLEASE ARRIVE AT \_\_\_\_\_ ON \_\_\_\_\_

THIS STUDY TAKES APPROXIMATELY 3 HOURS- THIS INCLUDES CHECK-IN, HAVING AN IV PLACED, WAITING FOR 1<sup>ST</sup> SET OF PICTURES, UNDERGOING STRESS PORTION, WAITING FOR 2<sup>ND</sup> SET OF PICTURES AND CHECK-OUT. YOU WILL BE NOTIFIED OF THE RESULTS OF THE TEST WITHIN 1 TO 2 DAYS.

WEAR COMFORTABLE LOOSE FITTING CLOTHES AND WALKING SHOES. (LADIES: PLEASE WEAR A LOOSE FITTING SHORT SLEEVE SHIRT OR BLOUSE TO WEAR DURING THE TEST AND PICTURES.)

MEDICATIONS: TAKE ALL YOUR MEDICATIONS AS USUAL UNLESS OTHERWISE DIRECTED BY YOUR DOCTOR. IF YOU ARE DIABETIC, PLEASE REFER TO THE SPECIAL INSTRUCTION SHEET, OR CALL THE OFFICE IF YOU DID NOT RECEIVE THE DIABETIC INSTRUCTION SHEET.

AN IV WILL BE PLACED IN YOUR HAND OR ARM PRIOR TO THE START OF THE TEST. AN INJECTION OF A RADIOACTIVE TRACER WILL BE GIVEN TO YOU. APPROXIMATELY 15 TO 30 MINUTES LATER, PICTURES WILL BE TAKEN OF YOUR HEART AT REST. IMAGES TAKE 20 MINUTES TO ACQUIRE.

NEXT, YOU WILL BE PREPARED FOR THE TREADMILL EXERCISE PORTION OF THE TEST. PLEASE NOTE, FOR ALL PATIENTS, SANDPAPER AND RUBBING ALCOHOL IS USED TO PREP THE SKIN BEFORE ATTACHING EKG ELECTRODES. FOR MALE PATIENTS, MINIMAL SHAVING TO THE CHEST MAY BE REQUIRED IN ORDER TO ENSURE EKG ACCURACY. WHILE YOU HAVE THE RIGHT TO REFUSE THE SHAVING, PLEASE KNOW THAT THIS MAY NEGATIVELY AFFECT THE QUALITY OF THE STUDY DATA.

A PHYSICIAN OR NP/PA WILL BE WITH YOU DURING THE EXERCISE PORTION OF THE STUDY IN ORDER TO MONITOR YOUR HEART RATE AND RHYTHM AND BP RESPONSE TO STRESS.

AT PEAK EXERCISE LEVEL, A SECOND INJECTION OF THE TRACER WILL BE GIVEN THROUGH THE SAME IV LINE. YOU WILL THEN HAVE ANOTHER WAIT TIME- YOU MAY BRING A SMALL SNACK TO EAT AT THIS TIME. YOU MAY ALSO BRING WATER WITH YOU.

A SECOND SET OF IMAGES WILL THEN BE TAKEN OF YOUR HEART AFTER STRESS.

THERE ARE NO ADVERSE REACTIONS OR SIDE EFFECTS RELATED TO THE RADIOACTIVE TRACER. IT SIMPLY ALLOWS US TO SEE THE BLOOD FLOW TO THE HEART MUSCLE, BEFORE AND AFTER EXERCISE. NO IODINE DYES ARE USED.



## ASSOCIATES IN CARDIOLOGY, P.A.

### Common Compounds containing Methylxanthine: a select list

Caffeine drinks, decaffeinated and caffeine-containing medications can interfere with the Lexiscan Stress test. Even chocolate contains caffeine and can negate the study. Please review this list and do not have any form of these items for **12 hours prior** to the test. Long lasting Theophylline compounds should also be discontinued 36 to 48 hours prior to the test.

### COMMONLY USED ITEMS CONTAINING CAFFEINE

#### Coffee

- Brewed drip coffee
- Brewed percolator coffee
- Instant coffee
- Decaffeinated brewed coffee
- Decaffeinated instant coffee

#### Tea

- Brewed commercial tea
- Brewed imported tea
- Instant tea
- Iced tea

#### Food

- Cocoa
- Chocolate
- Milk chocolate
- Baker's chocolate
- Chocolate syrup
- Dark semisweet chocolate
- Chocolate cake
- Chocolate candy
- Chocolate covered candy
- Chocolate ice cream
- Chocolate pudding

#### Soft drinks

- Caffeinated/decaffeinated Soda

#### Prescribed Drugs

- Cafergot (all forms)
- Darvon compound
- Fiorinal
- Synalgos-DC
- Wigraine (all forms)

#### Over the Counter Drugs

- Anacin
- Excedrin
- No Doz

#### Theophylline medications

- Theophylline SR
- Slo-Phyllin Gyrocaps
- Theolair SR
- Theoclear LA
- Theo-Dur
- Elixophyllin SR
- Constant-T
- Uniphyl
- Theo-Dur sprinkle
- Theochron
- Theobid Durocap
- Aerolate
- Respid
- Theo-24