



Kit Carson County Memorial Hospital
286 16th Street
Burlington, CO 80807
719-346-5311

LEXISCAN NUCLEAR STRESS TEST – PATIENT INSTRUCTIONS

****If you are unable to keep this appointment, PLEASE call to cancel****

Your Physician has ordered a nuclear stress test. This is a Noninvasive method of detecting heart disease. It is used to evaluate patients who have chest discomfort, to monitor heart function in patients with known heart disease, or to evaluate the progress of patients who have had previous angioplasties or stents

Test Preparation

- **IF You Take Dipyridamole (Persantine) Do Not take it for at least 2 days prior to your test.**
- **DO NOT take the following medications 24 hours PRIOR to your test: Theophylline, Toprol XL, Lopressor, Metoprolol, Atenolol, Tenormin, Coreg (Carvedilol), Inderal or Propranolol.**
- **NO CAFFEINE 24 Hours Prior to the testing.**
This includes: Coffee, Pop/Soda, Chocolate, Cold Medication, Etc. ANY product that might contain caffeine.
- **Nothing to EAT or DRINK 6 Hours prior to the appointment time.**
- **Nitroglycerin Patches MUST BE TAKEN OFF 1 Hour prior to testing.**
- **DO NOT** take any of your medications the morning of the test, but bring all morning medications with you as you will take them after the stress portion of the test is completed.
- Patients may bring a snack to nuclear cardiology to eat AFTER the test is completed.
- The Nurse will call you 1-3 days before the test.

Rest Portion

- You will be given an explanation of the test and asked to sign a consent form.
- A nurse will start an IV in either your hand or arm.
- A small amount of radioactive tracer will be injected through the IV
- You will be asked to wait approximately 10-15 minutes before imaging will occur.
- When imaging occurs you will be asked to lie on an imaging table with one arm above your head, your chest area will be under a nuclear camera.
- Images of your heart will be taken with the camera as it rotates around your chest in a circular fashion.
- Imaging time is approximately 30 minutes.

Lexiscan Testing

- Your physician has determined that you would be not able to perform an exercise test- such as walking on a treadmill – to stress your heart. This may be because of physical limitation or some other heart-related concerns, such as a pacemaker.
- A pharmacological or medication stress test will be performed using the drug Lexiscan. Lexiscan has the effect of dilating blood vessels to simulate exercise/
- An EKG tech or nurse will place electrodes on your chest and connect wires to an EKG machine to monitor your heart rhythm.
- A blood pressure (BP) cuff and SP02 monitor will also be placed to monitor your BP and oxygen sat through out the test.
- Lexiscan will be administered through the IV over a period of 20 seconds.
SIDE EFFECTS Include: Facial flushing, shortness of breath and lightheadedness. These side effects, if you should have any, should last only a few minutes.
- Report any of the above symptoms to the Nurse as the testing is occurring
- Immediately following the injection of Lexiscan a second radioactive tracer will be injected into the IV.
- Once the Lexiscan is complete any side effects that have occurred should resolve within 10-15 minutes after the medication has been stopped.
- Your BP, oxygen sat, and EKG will be monitored for several more minutes after the medication has been infused.
- You will lie under the camera again for a second set of images after a wait period of 30-60 minutes. These images will again take approximately 30 minutes to acquire.

**** THE ENTIRE TEST WILL TAKE 2-3 HOURS TO BE COMPLETED ****

Treadmill Testing

- Your Physician has placed an order for you to walk on the treadmill for the exercise portion of this nuclear stress test.
- An EKG tech or nurse will place electrodes on your chest and connect wires to an EKG machine to monitor your heart rhythm.
- A blood pressure (BP) cuff and SP02 monitor will be placed to monitor your BP and oxygen sat through out the test.
- Once the Doctor arrives you will be asked to get up on the treadmill to begin the exercise portion
- You will begin at a slower speed and slight incline on the treadmill. Every 3 minutes the treadmill will increase in speed and incline
- There will be a target heart rate that will need to be reached based off your age. Once this target heart rate is met, a second radioactive tracer will be injected into the IV. You will be asked to continue to exercise 1 minute longer.
- Once the test is complete, your BP, oxygen sat, and EKG will be monitored for several more minutes longer.
- You will lie under the camera again for a second set of images after a wait period of 30-60 minutes. These images will again take approximately 30 minutes to acquire.



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Nuclear Material:

Place patient Sticker here

By signing this, I acknowledge that if I DO NOT cancel my appointment for Nuclear testing by 4pm the Evening before or DO NOT show to my appointment. I WILL ACCEPT responsibility for PAYING for the cost of the nuclear material brought for my exam.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____