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## **LEXISCAN/CARDIOLITE AND TREADMILL/CARDIOLITE STRESS TEST INSTRUCTIONS**

- 1. DO NOT HAVE CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
- 2. IF YOU TAKE ANY OF THE MEDICATIONS LISTED ON THE ATTACHED MEDICATION SHEET, PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR TEST, UNLESS OTHERWISE NOTED.**
- 3. DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST. THIS INCLUDES NICOTINE GUM AND PATCHES.**
- 4. DO NOT EAT OR DRINK ANYTHING FOR FOUR (4) HOURS BEFORE TEST.**
- 5. If you are diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.**
6. Wear comfortable loose-fitting clothing, such as slacks or walking shorts (no one-piece items such as jumpsuits or dresses). Please do not wear any metal (buttons, zippers or items) on the chest area.
7. Do not apply lotions or powder to the chest area as the electrodes for the ekg will not stick well.
8. Please allow at least four (4) hours for completion of the stress test. This includes preparation time and post-test monitoring.
9. Please read and follow the attached medication sheet and bring all of your current medications with you.
10. Please inform the medical personnel of any recent illnesses, back problems, or chest discomfort.
11. If you are unable to raise your left arm over your head, lay flat on your back, or are severely claustrophobic please notify the OMH scheduling department at (989) 731-2152.

12. Please arrive 15 minutes prior to your scheduled time to register in the main lobby.

**Patients not showing up for their test without 24 hour notice (or just cause) will be billed for the cost of the isotope.**

The results of the test will be available in approximately 4 days.

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**If you are taking any of the following medications, they need to be stopped the day before and the day of the test (or as listed below)**

Acebutolol - generic for Sectral capsules  
Adalat - generic for Procardia  
Aminophylline (2 full days and test day)  
Amlodipine  
Atenolol - generic for Tenormin/Tenoretic  
Benzylamine & Nadolol - combination products for Corzide  
Betaloc  
Betaxolol - generic for Kerlone  
Betazolol  
Bisoprolol  
Blocadren  
Brevibloc injection  
Caduet  
Cafergot  
Calan and Calan SR  
Cardene  
Cardizem LA  
Carteolol - generic for Cartrol tablets  
Cartia  
Carvedilol  
Celiprocil  
Cilostazol (2 full days and test day)  
Constant-T (2 full days and test day)  
Corgard  
Coreg  
Corzide  
Covera  
Darvon  
Deponit Patch  
Dilacor  
Dilatrate  
Diltiazem  
Dilor  
Dilor G  
Dipyridamole - generic for Persantine (2 full days and test day)  
DynaCirc  
Elixophyllin  
Esgic & Esgic-plus

Felodipine  
Fioricet  
Fioricet with Codeine  
Fiorinal  
Fiorinal with Codeine  
Gyrocaps (2 full days and test day)  
HCTZ & Propranolol - combination products for Inderide  
Long-acting Labetalol/Inderide  
HCTZ & Labetalol (Hydrochlorothiazide)  
- combination products for Normozide  
HCTZ & Timolol - combination products for Timolol  
Imdur  
Inderal injection  
Inderal LA  
Inderal tablets  
Inderide  
Innopran  
Ismo  
Isordil  
Isoptin  
Isosorbide (Dinatriate/Mononitrate)  
Isradipine  
Kerlone  
Labetalol  
Levatol  
Lopressor Ampuls  
Lopressor HCT tablets  
Lopressor pre-filled syringes  
Lopressor tablets  
Lotrel  
Marax  
Metoprolol - generic for Lopressor products  
Migranal  
MiniTran patch  
Monoket  
Mudrane  
Nadolol - generic for Procardia  
Nicardipine  
Nifedipine - generic for Procardia  
Nisoldipine  
Nitro-Bid  
Nitro-patch  
Nitro-Dur patch  
Nitroglycerin  
Normodyne  
Normozide tablets  
Norvasc  
Oxprenolol  
Penbutolol - generic for Levatol  
Pentoxifylline - generic for Trental (2 full days and test day)  
Persantine (2 full days and test day)  
Pindolol - generic for Visken  
Plendil

Pletal (2 full days and test day)  
Posicor  
Procardia & Procardia XL  
Propranolol - generic for Inderal products  
Quibron (2 full days and test day)  
Respbid (2 full days and test day)  
Sectral Tablets  
Selecor  
Slo-Bid (2 full days and test day)  
Slo-Phyllin (2 full days and test day)  
Sorbitrate  
Sular  
Tarka  
Teczem  
Tedrill SA (2 full days and test day)  
Tenormin  
Tenoretic  
Theo-X (2 full days and test day)  
Theo-24 (2 full days and test day)  
Theo-24 Cap (2 full days and test day)  
Theochron (2 full days and test day)  
Theoclean (2 full days and test day)  
Theo-Dur Tab (2 full days and test day)  
Theolair (2 full days and test day)  
Theolate (2 full days and test day)  
Theophylline (2 full days and test day)  
Tiazac  
Tilazem  
Tildiem  
Timolide tablets  
Timolol - generic for Blocadren tablets  
T-Phyl (2 full days and test day)  
Toprol XL  
Trandate  
Transderm  
Trasicor  
Trental (2 full days and test day)  
Unidur  
Uniphyl tab (2 full days and test day)  
Vascor  
Visken  
Verapamil  
Verelan  
Ziac  
Zebeta

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## **WHAT ARE LEXISCAN AND TREADMILL CARDIOLITE TESTS?**

Your doctor has requested a Cardiolite Treadmill or Cardiolite Lexiscan stress test. This test is valuable in evaluating your cardiac status. It may help your doctor diagnose coronary artery disease (which is narrowing of the arteries that supply the heart muscle).

This test measures your heart rate, blood pressure and EKG (electrocardiogram) readings in response to exertion. If you are unable to withstand the standard treadmill stress test then you will be given Lexiscan which is a medicine that dilates your coronary arteries and increases blood flow to your heart, simulating what happens when your body exercises.

Cardiolite is a radioactive material that allows us to take pictures of your heart. Cardiolite is not a dye and has no side effects. The test begins by starting an IV and an injection of Cardiolite. Approximately 30-60 minutes later, a series of pictures of your heart (at rest) will be taken. These resting pictures will take about 20 minutes.

You will then be prepared for the stress portion of the test. Various patches, which we call electrodes, will be applied to your chest. This allows the doctor to monitor your heart during the entire test. A full EKG is run prior to the test and several times during the test. A blood pressure cuff is applied and your blood pressure is also recorded at intervals while on the treadmill or while a small dose of Lexiscan is administered over fifteen (15) seconds. Lexiscan is very safe and has few side effects. (Your physician will have discussed these with you prior to the test.) A second dose of Cardiolite will be given to you through the IV at the maximum effect of the Lexiscan or when you reach 85% of your maximum heart rate on the treadmill. If you cannot reach 85% of your age predicted maximum heart rate during the treadmill exercise you will be injected with Lexiscan while walking to make sure you achieve the adequate amount of stress to produce accurate results.

A second set of pictures will be taken following the completion of the stress portion. These pictures will take another 20 minutes and will show what your heart looks like at stress. Then (if you are able) we will image your heart a third time with you lying prone on your stomach for 10 minutes. The Radiologist will compare the two (or three) sets of pictures (rest, stress and prone) to see what changes take place in your heart in response to stress. Preparation time and post-test studies will take at least four (4) hours. This test may help your doctor to better evaluate if you have heart disease and to what extent. It also will allow him/her to determine how much work your heart can tolerate.