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MYOCARDIAL PERFUSION STRESS TESTING

Dear _____

Your physician, _____, has scheduled you for a ONE day or TWO day

Lexiscan / treadmill exercise myocardial perfusion imaging stress test to be conducted on:

_____ at 19 Woodland St, Suite 45
 DAY DATE TIME Hartford, CT 06105
 860-525-1234

Please do the following:

1. **Read all** the enclosed material which includes the necessary instructions and a description of how the test is performed. You will be here for approximately two to four hours depending on which test you are having.
2. **Bring** a list of your medications, drivers' license, insurance cards, and any insurance forms your particular plan may require.
3. **Call** the office at least 24 hours before your appointment if you are unable to keep the appointment or **there may be a cancellation/no show fee**. If your test is on a Monday, you **MUST** call the office before 5 p.m. on Friday.

INSTRUCTIONS FOR TEST

1. Coffee, tea, soda or other beverages containing **CAFFEINE (this includes decaffeinated products) and chocolate should not be consumed 24 hours prior to your test.**
2. You **should not** eat for 2 hours before your scheduled appointment time. You are encouraged to drink at least two glasses of water.
3. Asthma medicine containing Theophylline or Aminophylline should be **discontinued 48 hours prior** to the exam, any questions check with your physician.
4. **Smoking** should be curtailed for 8 hours before test.
5. If you take a diuretic (water pill), you **should not** take it for 24 hours before the test. Unless otherwise instructed by your physician, all other medications should be taken.
6. If you are having a **treadmill test** do not take **beta blocker** (Atenolol, Metoprolol, Carvedilol, or Bystolic) for **24 hours prior** to your test unless directed otherwise by your physician.
7. If you are **pregnant or potentially pregnant** you **should not** have a nuclear stress test. If you are breast-feeding please notify your cardiologist for further instructions.
8. Bring water and a snack or lunch with you to the office.
9. Wear loose fitting, short sleeved tee-shirt and comfortable footwear. Please avoid using powder or lotion the day of the test.
10. A nuclear technician will call to confirm preparation instructions one business day before your test.

-PLEASE TURN OVER-

Hartford
 19 Woodland Street
 Suite 35

860-525-1234
 Enfield
 1699 King Street
 Suite 404
 860-741-6678

Simsbury
 381 Hopmeadow Street
 Suite 304
 860-651-4358

HOW THE TEST IS PERFORMED

ONE day Protocol: (This test will take approximately 4 hours)

Phase I- Preparation

An intravenous (IV) port will be placed in your arm. This line will be used to inject the nuclear tracer and pharmacologic vasodilator (for Lexiscan only) into your bloodstream. You will receive an injection of radiotracer through the IV port then return to the waiting room for 40 minutes, allowing metabolism of the imaging material.

Phase II- Resting images

After the waiting period you will sit under the nuclear camera for your resting pictures (15-20 minutes). These pictures give the doctors a baseline of your heart function and blood flow. During the imaging it is important that you lie as still as possible.

Phase III- Stress test and second set of images

A consent form explaining the purpose of the test will be given to you to read, any questions about the test will be answered at this time. Several (10) small pads, called electrodes, will be placed on your chest and connected to an electrocardiograph (ECG) monitor so that your heart rhythm can be monitored closely throughout the test. A blood pressure cuff will be placed on your arm and a blood pressure taken.

Lexiscan test: The technologist will administer the Lexiscan through the IV port (potential side effects from the Lexiscan are: headache, nausea, flushing, and chest pain) with supervision by a nurse practitioner and/or physician. Your ECG and blood pressure will be constantly monitored. After the Lexiscan infusion is complete the nuclear tracer will be administered through the IV port. (This allows your scans to be taken).

Treadmill test: An exercise test will be conducted on a treadmill with supervision by a nurse practitioner and/or physician. The test is continuous, the stages are 3 minutes in duration, and the speed and elevation are gradually adjusted to the capacity of the individual patient. The heart rate, blood pressure, workload, signs and symptoms are all monitored during and after the test. The nuclear tracer will be injected through the IV port approximately 1-1 ½ minutes prior to the end of exercise.

After the stress test portion your IV port will be removed. There may be a 30-60 minute break prior to your stress images. **During this time you will have time for a snack or lunch and water.** You may also have coffee at this time. After your stress images your ECG stickers will be removed and you may leave the office. Your doctor will contact you about your results.

TWO day protocol (Your test may be done over two days if requested by your doctor)

If your stress test is scheduled to occur over 2 days you will undergo the stress portion of your Lexiscan or exercise treadmill stress test first. This will take approximately 2 hours. You will make an appointment for the resting images before you leave. On the second day expect to be there for about 1 hour and 15 minutes for resting images.