

## PREPARATION FOR LEXISCAN MYOVIEV STRESS TEST

### ***Stress Day (day of receiving Lexiscan): Please read all instructions carefully***

- ♥ **NO CAFFEINE 24 hours** prior to Lexiscan test day (this includes chocolate, colas, coffee or tea).
- ♥ **NO FOOD 4 hours** prior to testing.
- ♥ **DIABETIC PATIENTS** follow normal regimen, but eat light. You may have juice before the test if needed.
- ♥ **NO SMOKING OR EXERCISE 8 hours** before testing.
- ♥ **MEDICATIONS:** Take all prescribed medications as usual.
- ♥ **You will have an IV started for this procedure.**
- ♥ If your test is scheduled in the afternoon, eat a light meal 3-4 hours prior to testing. Please do not fast all day for this test.
- ♥ Wear loose comfortable clothes and shoes. Please wear short sleeve shirt/t-shirt and pants/shorts. Please do not wear dresses or overalls.
- ♥ As a part of this test you will need to bring a fatty meal or you may choose to go out to eat (returning in one hour) after the completion of the Lexiscan infusion. This must be a minimum of 10 grams of fat (most fast foods will meet this requirement or you can bring food from home). Still, no caffeine with this fatty meal and do not eat this food until instructed by the nuclear tech. After eating you will need to return to have images taken, this will take approximately 20 min.
- ♥ **On the day of the stress test, please bring a list with dosages or bottles of your medications (including any supplements or over the counter) your inhaler(s), insurance card(s) and driver's license.**

### ***Resting Day: Please read all instructions carefully***

- ♥ **NO CAFFEINE 4 hours** prior to scheduled time of arrival (this includes chocolate, colas, coffee, tea).
- ♥ **NO FOOD 4 hours** prior to scheduled time of arrival.
- ♥ **DIABETIC PATIENTS** follow normal regimen, but eat light
- ♥ **NO EXERCISE 4 hours** prior to scheduled time of arrival.
- ♥ **MEDICATIONS:** Take all routine medications as usual.
- ♥ On this day you will get an injection of the isotope, myoview. Again you will need to eat a fatty meal and approximately 1 hour later you will have images taken. Do not eat this fatty meal until instructed by the nuclear tech.

**Cancellation of either the stress day or the resting day of the above test requires twenty-four (24) hours notice, otherwise there will be a charge to the patient of \$75 for the cost of the isotope.**