

NUCLEAR MEDICINE STRESS TEST



Lexiscan **or** Treadmill

1-day **or** 2-day protocol

Time involved:

1 day protocol: 3 hours.

2 day protocol: first day one hour (Steps 1.2.3)
second day two hours (Steps 1.4.5.6)

What to expect:

Step 1: IV is inserted into arm or hand and used to infuse imaging liquid. The Nuclear Medicine isotope is safe, does not effect kidneys and does not make you feel any different.

Step 2: Relax and wait about 30 mins for liquid to circulate. Drinking water is allowed.

Step 3: Take "rest" images. This will take about 12 mins.

Step 4: Stress Lab. EKG stickers & wires applied to chest area. Blood pressure checked.

Treadmill test: While connected to EKG monitor, you will walk on an incline, gradually increasing in speed and incline with goal to increase heart rate. When heart rate goal reached, imaging liquid is injected into IV to capture blood flow of dilated arteries. After exercise, you relax while we monitor you for about 5 mins.

Lexiscan test: When exercise is not easy, medication can do the work for you but for 2-5 mins you might feel as if you are exercising. It is common to feel flushing, especially in the face and a little short of breath. The medication works fast and clears your system in about 5-15 mins. Imaging liquid is given at the same time as the Lexiscan to capture blood flow of dilated arteries.

Step 5: Snack break! This is another waiting period before taking pictures but this time will be about 1 hour. At this point it's ok to eat, drink, take any medications if needed and coffee is okay.

Step 6: Take "stress" images. This will take about 12 mins.

Preparation:

Do not eat 4 hrs before your test.

Drink lots of water to help hydrate veins prior to IV insertion

Wear comfortable shoes and short sleeve shirt. Women need to wear 2 piece outfit.

Waiting around can get boring, bring something to pass the time, a snack for your snack break and water.

No caffeine or nicotine 12 hours before test. This includes decaf coffee or tea, chocolate, energy drinks or bars, soda and certain medications with caffeine like Excedrine and Fioricet.

Do not take certain medications 24 hours before your test: Aminophylline, theophylline and if exercising on the treadmill, do not take Beta-Blocker medications like metoprolol, atenolol, carvedilol, propranolol.

Please inform doctor or staff before starting test if possibly pregnant or if breastfeeding for important instructions and consideration.

Diabetic: Schedule your test early morning. Bring glucose monitor to check levels if needed due to food restrictions.



and don't worry, we'll image your heart smiling... it knows you care about it