

## PRE-PROCEDURE INSTRUCTIONS FOR:

Myocardial Perfusion Scan Treadmill Stress Test       Myocardial Perfusion Scan Adenosine or LexiScan Stress Test

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PATIENT NAME: \_\_\_\_\_ DOCTOR: \_\_\_\_\_

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

San Diego Cardiovascular Assoc.  
9834 Genesee Ave #300  
La Jolla (858) 824-2900

Other Appts:  San Diego Cardiovascular Assoc.  
9850 Genesee Ave #940  
Echo Appt Time: \_\_\_\_\_

***IF YOU NEED TO CANCEL, IT IS VERY IMPORTANT TO DO SO 48 HOURS IN ADVANCE.***

### DIRECTIONS:

**Do not have any caffeinated or decaffeinated coffee, tea, chocolate, energy drinks, etc 24hrs prior to test.**

- You should have nothing to eat after midnight before your test. (However, liquids such as water and juice are okay.)
- You may take your regular medications with water or juice. Wear loose, comfortable clothing and tennis shoes if your test includes a treadmill.
- Do not wear anything with metal around your chest area. This includes necklaces, metal buttons or zippers.

### EXPLANATION OF PROCEDURE:

**This test will take 3 to 4 hours and is done in two parts.** An IV is inserted into a vein in your arm or hand and the radioisotope will be injected. The technician will take a set of preliminary pictures called resting images then you will have the exercise portion of your test.

If you are having an exercise treadmill, you will walk on the treadmill until your heart rate reaches it's maximum level which is called your target heart rate. The doctor will monitor your heart rate and supervise the treadmill. After your target heart rate is reached or you are fatigued, a second injection of radioisotope will be given while you are walking on the treadmill. After the treadmill, you will drink some cold water and a second set of images will be taken.

If you are having a chemical test, instead of walking on the treadmill, adenosine or lexiscan will be injected into the IV to dilate the arteries much like what would happen during exercise. The doctor will monitor and supervise the test. After the injection, a second set of images will be taken.

**PRE-PROCEDURE INSTRUCTIONS FOR:**  
**PLEASE READ BOTH SIDES OF INSTRUCTION FORM**

Myocardial Perfusion Scan Treadmill Stress Test

Myocardial Perfusion Scan Adenosine or LexiScan Stress Test

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**PATIENT NAME:** \_\_\_\_\_ **DOCTOR:** \_\_\_\_\_

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

San Diego Cardiovascular Assoc.  
320 Santa Fe Dr. Ste #204  
Encinitas, Ca. 92024 (760)944-7300

**Other Appts:**  \_\_\_\_\_

***IF YOU NEED TO CANCEL, IT IS VERY IMPORTANT TO DO SO 48 HOURS IN ADVANCE.***

**DIRECTIONS:**

**Do not have any caffeinated or decaffeinated coffee, tea, chocolate, energy drinks, etc 24hrs prior to test.**

- **You should have nothing to eat three hours before your test. (However, liquids such as water and juice are okay.)**
- **If you are having an afternoon test, please eat a good breakfast. You may take your regular medications with water or juice.**
- **Wear loose, comfortable clothing and tennis shoes if your test includes a treadmill.**
- **Do not wear anything with metal around your chest area. This includes necklaces, metal buttons or zippers.**

**EXPLANATION OF PROCEDURE:**

**This test will take 3 to 4 hours and is done in two parts.** An IV is inserted into a vein in your arm or hand and the radioisotope will be injected. The technician will take a set of preliminary pictures called resting images then you will have the exercise portion of your test.

If you are having an exercise treadmill, you will walk on the treadmill until your heart rate reaches it's maximum level which is called your target heart rate. The doctor will monitor your heart rate and supervise the treadmill. After your target heart rate is reached or you are fatigued, a second injection of radioisotope will be given while you are walking on the treadmill. After the treadmill, you will drink some cold water and a second set of images will be taken.

If you are having a chemical stress test, instead of walking on the treadmill, adenosine or lexiscan will be injected into the IV to dilate the arteries much like what would happen during exercise. The doctor will monitor and supervise the test. After the injection, a second set of images will be taken.

**Please do not take the following Medications  
24 hours prior to your Exercise Stress Test:  
(Unless you have Atrial Fibrillation)**

<u>Generic</u>	<u>Brand</u>
Metoprolol	(Lopressor) (Toprol)
Atenolol	Tenormin
Propranolol	Inderal
Diltiazem	Cadizem/Tiazac
Pindolol	Visken
Nadolol	Corgard
Carvedilol	Coreg
Labetalol	(Normodyne) (Ziac)
Bisoprolol	Zebeta

**Please do not take the following Medications  
48 hours prior to your Adenosine or LexiScan stress test:**

Aggrenox  
Persantine  
Theophyllin

**If you use Inhalers and you are having an Adenosine  
or LexiScan please bring them with you.**