



## NUCLEAR STRESS TEST INSTRUCTIONS

### LEXISCAN ("CHEMICAL")

**IMPORTANT: Please CAREFULLY read and comply with all instructions in order to avoid rescheduling.**

### 24 HOURS BEFORE YOUR TEST

- **NO CAFFEINE**- No coffee or tea of any kind
- **NO DECAF OF ANY KIND**
- **NO** soda or chocolate
- **NO** medications containing caffeine; Excedrin, Anacin, etc

Please take ALL blood pressure medications as prescribed.

### THE DAY OF THE TEST

- Nothing to eat or drink **4 hours before** the test. A little water is ok (4oz). **Start Fasting:**
- **TAKE** all your usual medications except any containing caffeine.
- **If you have diabetes**, please talk with your ordering physician about restrictions.
  - **Take ½ your dose** of insulin the morning of your test. **Bring the remaining dose with you.**
  - **Do NOT take** sugar lowering medications until after the test is complete. **Bring in with you.**
- Please wash chest area and avoid oil, lotion, powder and perfume.
- Wear a comfortable two-piece outfit; avoid wearing dresses, jumpsuits or shirts with metallic buttons or zippers on the chest area.
- After stress testing has been completed, you will be able to eat a small snack. Please be sure to bring a small snack.

**ALLOW 3 HOURS TO COMPLETE THE EXAM: Bring something to occupy your time.**

**\*\* Please be aware that if your BMI is >40, your testing will be split into two days (1.5 hours each day.)**

**\*\* No smoking will be allowed during the test. It is advised you DO NOT smoke prior to the test.**

**\*\* A \$100 CANCELLATION FEE WILL BE INCURRED IF YOU DO NOT COMPLY WITH THE INSTRUCTIONS ABOVE, OR CANCEL YOUR APPOINTMENT WITHIN 2 BUSINESS DAYS. IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CALL 480-699-5536 TO RESCHEDULE.**

**By signing, I agree to the above instructions and cancellation fee policy:**

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date