

DANBURY HOSPITAL

Patient Education Handout

What is a Myocardial Perfusion Stress Test with Lexiscan?

What is a stress test with Lexiscan and why is it performed?

A stress test is performed to evaluate the blood supply and function of the heart. It is useful in detecting how adequate the blood supply is to the heart muscle. This is done both at rest and with exercise. Your physician will order a Lexiscan Stress Test for you if your ability to walk on a treadmill is limited.

Plan to be at the testing area for about three (3) hours.

Is there any special preparation for this test?

Do not eat or drink anything with caffeine 24 hours before your test.

Do not eat or smoke for at least three hours before your test. Drinking *only* water before the test is permitted. Take all of your regular medications before the test unless directed otherwise by your doctor. It is recommended that the drugs containing Persantine, Theophylline, and caffeine be avoided 48 hours prior to this test. Be sure to check with your doctor first before holding any of your medications.

If you are a diabetic test your blood sugar before you arrive at the testing area; have a light meal three hours before the test. Exercise will tend to lower your blood sugar. You are encouraged to bring your blood sugar meter with you.

Bring a current list of all your medications with you.

What can I expect on the day of the test?

- After you have arrived and registered for your test, a brief medical history will be conducted, including the medications you are presently taking.

- An intravenous (IV) line will be inserted into your hand or arm.
- A Nuclear Technologist will then inject a nuclear isotope called Cardiolite into the IV. This isotope is a "tracer" or agent that helps the cardiology staff to visualize the heart with a special nuclear camera. Side effects from Cardiolite are very rare. Some people experience a metallic taste initially when the isotope is given, but this goes away quickly.
- You will then have a wait of about 45 minutes to allow time for the Cardiolite to circulate through your blood stream.
- You will then be escorted from the waiting room to the camera for your first set of pictures. These first pictures are known as, "Resting Pictures". You will lie under the camera for about 15 minutes with your arms above your head, and remain motionless. If you are unable to perform this task make the technologist aware so accommodations may be made.
- Following the resting pictures, you will be escorted to the stress testing room. The nurse will place 10 sticky tabs to your chest for the electrocardiogram, and place a blood pressure cuff on your arm.
- A Registered Nurse will then administer the prescribed dose of Lexiscan over a four minute period through your IV line.
- As the Lexiscan is being administered, you will be asked to slowly walk on a flat treadmill.
- A dose of nuclear isotope will be injected through the IV immediately following the Lexiscan injection.
- If you are unable to walk the test will be completed while you are seated in a recliner chair.
- The electrocardiogram, blood pressure cuff, and IV will be removed and a small bandage

will be placed over the area at the conclusion of the test.

- Three of the sticky tabs will be left on your chest for the final pictures of your heart. These final pictures are known as, "Stress Pictures".
- At this time you may eat and drink normally, there are no restrictions.
- About 30 minutes later you will have your stress pictures. These pictures reflect your heart's function during exercise. This time under the camera is of less duration, but still requires hands above the head and remaining motionless.
- After the stress pictures, the test will be complete.
- The Cardiologist will compare the Resting Pictures to the Stress Pictures.

How will I get the results of the test?

The test will be interpreted by a cardiologist, who will then send the results to the physician who ordered the test for you. These results are normally available within five working days. The technologist or registered nurse cannot discuss results of the test.

What happens when the test is finished?

When you have had your second set of pictures the nuclear technologist will remove the last three sticky tabs from your chest. At that time your test is completed and you may leave with no restrictions. It is important that the bandage be removed within several hours of the test and you inspect the area. If there is any redness or tenderness it is important to phone the number listed below and speak with the nurse.

Directions to your appointment

***There are three locations, check to make sure you know where your appointment will be.**

During construction you will park in the Purple Lot. Registration for this test will be on the 5th floor Main Lobby.

Danbury Hospital:

Follow directions to the BLUE parking lot and park in the Purple Section. Enter the main lobby on the fifth floor, at the information desk ask for directions to Stress Testing.

If you have further questions please call (203) 739-7377.

8am-4pm

Danbury Hospital Medical Arts Center:

Located at 111 Osborne Rd., park in any available parking or in the Gold parking garage. Enter the main lobby on the first floor and then proceed to the third floor for registration.

If you have further questions please call (203) 739-4999.

8am-4pm

Southbury:

Located at, 22 Old Waterbury Road, Southbury, CT., upon arrival please register with Cardiology Reception, in Suite 107.

If you have any further questions, please call Southbury Cardiology at (203) 262-4234. 8am-4pm

Source: Danbury Hospital Praxair Regional Heart and Vascular Center.