

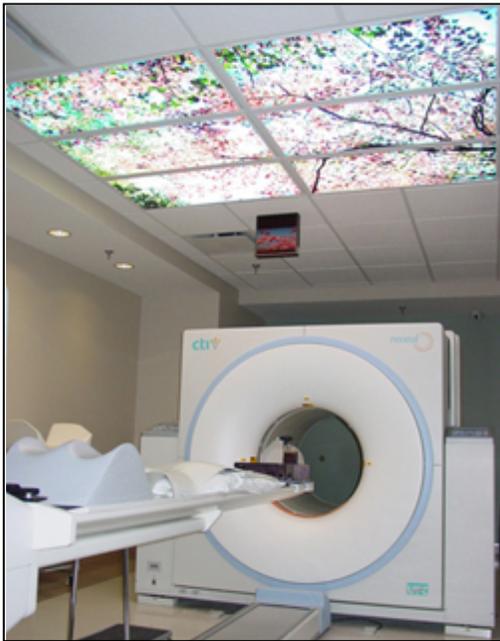
## DANBURY HOSPITAL

*Patient Education Handout*

### **What is a Cardiac PET Lexiscan Stress Test with Rubidium?**

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A stress test is performed to evaluate the blood supply and function of the heart. This procedure is useful in detecting how adequate the blood supply is to the heart muscle. This is done at rest, there is no exercising or walking involved. Your doctor has ordered a Lexiscan Stress Test for you if your ability to walk on a treadmill is limited. This test may also be ordered for you if you are obese. Plan to be at the testing area for about one and a half (1.5) hours.



#### **Are there any special preparations prior to the procedure?**

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. Please note that if you have difficult veins, we encourage you to increase your water intake prior to the test. It is recommended that the drugs containing Persantine, Theophylline, and caffeine be avoided 48 hours prior to this test. Take all of your regular medications before the test unless

directed otherwise by your doctor. 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.

Diabetics should have a light meal three hours before the test. You are encouraged to bring your blood sugar meter with you. Bring a current list of all your medications with you.

#### **What is Lexiscan & Rubidium?**

Lexiscan is a drug that increases the flow of blood to the arteries of the heart, similar to the effects of exercise. Side effects of Lexiscan may include dizziness, nausea, headache, rare vomiting, or chest pain. Side effects typically subside quickly, within minutes after the injection.

Rubidium is a nuclear isotope which the nuclear technologist will administer through the intravenous line during the procedure. The isotope is a "tracer" that enables the cardiology staff to visualize the heart with the PET (Positron Emission Tomography) nuclear camera. There are no side effects from the Rubidium.

#### **What should 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.
- Then an intravenous (IV) will be inserted into your right hand or arm.
- The Technologist or RN will place 10 sticky tabs to your chest for the electrocardiogram, and a blood pressure cuff on your arm.
- You will then be assisted onto the table of the PET scanner. You will lie down on your back with your left arm above your head and your right arm at your side. A strap will be placed over you for your safety.

- Once you are prepared for the exam, a full scan of your torso will be made to evaluate your hearts' position.
- An initial dose of Rubidium will be administered and then images of your heart will be obtained. These images are known as "resting pictures". A review of your resting pictures will be made before the Lexiscan is given. The Lexiscan is given through the IV over a period of 15-20 seconds. EKG's and blood pressures are obtained every minute during this test.
- After the Lexiscan is administered, a second dose of Rubidium is given. Remaining still throughout the test is very important and will add to the quality of the pictures. Once the Lexiscan and the second dose of Rubidium have been given, the technologists will once again evaluate the quality of these final images known as "stress pictures". The test is now complete.
- The electrocardiogram, blood pressure cuff, and the IV will be removed and a small bandage will be placed over the area. At this time you may eat and drink normally, there are no restrictions.
- The Cardiologist will compare the resting pictures to the stress pictures and complete a final report.

#### **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 doctor who ordered the test for you. These results are normally available within five working days. Results will not be available to you the day of the test. A technologist or 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:**

**Danbury Hospital Medical Arts Center**- Located at 111 Osborne Street, park in any available parking spot or in the Gold parking garage. Enter the main lobby on the first floor for registration.

If you have further questions please call (203) 739-4999. 8am-4pm

*Source: Source: Danbury Hospital Praxair Regional Heart and Vascular Center.*

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