



Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## 2 Day Lexiscan Nuclear Stress Test - What to Expect

Your Provider, \_\_\_\_\_ has ordered a Nuclear Stress Test.

For patients with a Body Mass Index (BMI) greater than 32, the exam is performed in 2 days. BMI is a measure of a person's height and weight

A Lexiscan Nuclear Exercise Stress Test is a diagnostic test used to evaluate blood flow to the heart. During the test a small amount of radioactive tracer is injected into a vein. A special camera, called a gamma camera, detects the radiation released by the tracer to produce computer images of the heart. The amount of radiation is very small. Combined with a medication, the test can help determine if there is adequate blood flow to the heart during activity versus at rest. The medication dilates blood vessels leading to the heart, increasing blood flow, therefore simulating exercise for patients unable to exercise on a treadmill.

### Stress Imaging (Day 1):

- A nuclear medicine technologist will place an IV into a vein in your arm or hand.
- A technician will place electrodes on your chest to monitor your EKG.
- Before the medication is infused into the IV, the clinical associate will discuss the possible effects of the medication so you will know what to expect.
- The medication will take 10 seconds to inject. Within 20 seconds a dose of radioactive tracer will be given.
- You will be monitored for an additional 3 to 4 minutes.
- Your heart rate, EKG and blood pressure will be monitored throughout the test.
- Once the stress portion of the test is complete, you will have a break prior to obtaining a set of images. The break will be approximately 45 to 60 minutes. You are allowed to have a snack during your break.
- During the break, if you have no other tests to complete, you may eat and drink and take medications
- You will be asked to lie very still under the gamma camera with arms above your head for approximately 20 minutes. The camera will record images that show blood flow through your heart during cardiac stress/activity.

All protocols will include a second day of resting images.

### Rest Imaging (Day 2):

- A nuclear medicine technologist will place an IV into a vein in your arm or hand and inject a small amount of radioactive tracer. The tracer is not a dye or contrast. After the tracer is injected, you will wait approximately 45 to 60 minutes before the resting images are taken.
- Then you will be asked to lie very still under the gamma camera with arms above your head for approximately 20 minutes. The camera will record images that show blood flow through your heart at rest.

After the cardiologist reviews your test, the results will go into the electronic medical record at Cardiovascular Associates. Your referring provider will receive a copy of the results and will contact you to discuss them.

Patient/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_