



**PLEASE REVIEW THESE INSTRUCTIONS 2 DAYS PRIOR TO YOUR TEST
AND CALL (989) 583-4700 IF YOU HAVE QUESTIONS.**

The Nuclear Medicine test is scheduled at _____ on _____
at (time) _____. If you have any questions, please contact us at (989) 583-4700.

IMPORTANT
**PERSANTINE/ADENOSINE/LEXISCAN AND TREADMILL CARDIOLITE
STRESS TEST PREPARATION**

- DO NOT HAVE CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
- IF YOU TAKE ANY OF THE MEDICATIONS LISTED ON THE ATTACHED MEDICATION SHEET, PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR TEST, UNLESS OTHERWISE NOTED.**
- DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST. THIS INCLUDES NICOTINE GUM AND PATCHES.**
- DO NOT EAT OR DRINK ANYTHING BUT WATER FOR TWO (2) HOURS BEFORE YOUR TEST.**
- If you are diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.**
- Wear comfortable loose-fitting clothing, such as slacks or walking shorts (no one-piece items such as jumpsuits or dresses). Please do not wear any metal (buttons, zippers or items) on the chest area.
- Do not apply lotions or powder to the chest area.
- Please allow at least four (4) hours for completion of the stress test. This includes preparation time and post-test monitoring.
- Please read and follow the attached medication sheet and bring a list of your current medications, including dosages.
- Please inform the medical personnel of any recent illnesses, back problems, or chest discomfort.
- In order to ensure you are scheduled for the correct camera and an accurate test: please notify the office if your weight exceeds 270 pounds.
- If allergic to Latex products (latex gloves, balloons) please notify the office.

The results of the test will be available in approximately 10 days.

STOP THESE MEDICATIONS BEFORE YOUR TEST!

STOP FOR 3 DAYS
(2 days before & day of test)

Aminophylline
Constant-T
Elixophyllin
Gyrocaps
Pentoxifylline-generic for Trental
Persantine
Respbid
Quibron
Slo-Bid
Slo-Phyllin
Tedrill SA
Theo-24
Theo-X
Theochron
Theoclean
Theolate
Theo-Dur Tab & Capsules
Theolair
Theophylline
T-Phyl
Trental
Uniphyl tab

STOP FOR 2 DAYS
(1 day before & day of test)

Amlodipine
Betaloc
Betazolol
Bisoprolol
Blocadren
Brevibloc injection
Butalbital
Caduet
Cafergot
Calan and Calan SR
Cardene
Cardizem
Carvedilol
Celiprocil
Corgard
Coreg
Coreg CR
Corzide
Covera
Darvon
Deponit Patch
Dilacor
Dilatrate

STOP FOR 2 DAYS
(1 day before & day of test)

Diltiazem
Dilor
Dilor G
Dipyridamole
DynaCirc
Esgic & Esgic-plus
Excedrin
Fioricet
Fioricet with Codeine
Fiorinal
Fiorinal with Codeine
Imdur
Inderal injection
Inderal LA
Inderal tablets
Inderide
Ismo
Isordil
Isoptin
Isradipine
Kerlone
Levatol
Lopressor Ampuls
Lopressor HCT tablets
Lopressor pre-filled syringes
Lopressor tablets
Marax
Migranal
MiniTran patch
Monoket
Mudrane
Nicardipine
Nitro-Bid
Nitro-patch
Nitro-Dur patch
Nitroglycerin
Normodyne
Normozide tablets
Norvasc
Oxprenolol
Plendil
Posicor
Procardia & Procardia XL
Sectral Tablets
Selecor
Sorbitrate
Sular

STOP FOR 2 DAYS
(1 day before & day of test)

Tarka
Teczem
Tenormin
Tenoretic
Tiazac
Tilazem
Tildiem
Timolide tablets
Toprol XL
Trandate
Transderm
Trasicor
Unidur
Vascor
Visken
Verapamil
Verelan
Ziac
Zebeta

Generic & Combination Drugs

STOP FOR 2 DAYS
(1 day before & day of test)

Acebutol-generic for Sectral capsules
Adalat-generic for Procardia
Atenolol-generic for Tenormin/Tenoretic
Benzylamide & Nadolol-combination products for Corzide
Betaxolol-generic for Kerlone
Cartelol-generic for Cartrol tablets
HCTZ & Propranolol-combination products for Inderide long-acting tablets/Inderide
HCTZ & Labetalol (Hydrochlorothiazide)-combination products for Normozide
HCTZ & Timolol-combination products for Timolol
Metoprolol-generic for Lopressor products
Nadolol-generic for Corgard
Isosorbide (Dinitrate/Monitrate)
Nifedipine-generic for Procardia
Penbutolol-generic for Levatol
Pindolol-generic for Visken
Propranolol-generic for Inderal products
Timolol-generic for Blocadren tablets



WHAT ARE PERSANTINE, ADENOSINE, LEXISCAN AND TREADMILL CARDIOLITE TESTS?

Your doctor has requested a Cardiolute Treadmill, Persantine, Adenosine or Lexiscan stress test. This test is valuable in evaluating your cardiac status. It may help your doctor diagnose coronary artery disease (which is a narrowing of the arteries that supply the heart muscle). This test measures your heart rate, blood pressure and EKG (electrocardiogram) readings in response to exertion. If you are unable to withstand the standard treadmill stress test then you will be given Persantine, Adenosine or Lexiscan which is a medicine that dilates your coronary arteries and increases blood flow to your heart, stimulating what happens when your body exercises.

Cardiolite is a material that allows us to take pictures of your heart. Cardiolute is not a dye and has no side effects. The test begins by starting an IV and an injection of Cardiolute. Approximately 40 minutes later, a series of pictures of your heart (at rest) will be taken. These "resting pictures" will take about 30 minutes.

You will then be prepared for the stress portion of the test. Various patches, which we call electrodes, will be applied to your chest. This allows the doctor to monitor your heart during the entire test. A full EKG is run prior to the test and several times during the test. A blood pressure cuff is applied and your blood pressure is also recorded at intervals while a small dose of Persantine/Adenosine/Lexiscan is administered. Persantine/Adenosine/Lexiscan is very safe and has few side effects. (Your physician will have discussed these with you prior to the test.) A second dose of Cardiolute will be given to you through the IV at the maximum effect of the Persantine/Adenosine/Lexiscan or when you reach 85% of your maximum heart rate on the treadmill.

At least 40 minutes after the stress test is complete, a second set of pictures will be taken. These pictures will take about 30 minutes and will show what your heart looks like at stress. The Nuclear Medicine physician will compare the two sets of pictures (rest and stress) to see what changes take place in your heart in response to stress. Preparation time and post-test studies will take at least four (4) hours. This test may help your doctor to better evaluate if you have heart disease and to what extent. It also will allow him/her to determine how much work your heart can tolerate.

If you have any questions, please contact us at (989) 583-4700 or toll-free at 866-800-0995.