

- When the Lexiscan portion of the test is completed, your IV will be taken out. You will wait for approximately 30-60 minutes after the Myoview injection to allow it to circulate, and then you will be asked to again lie very still under the camera with your arms over your head for about 12-15 minutes. The camera will record images that show the cardiologist how well blood circulates through the coronary arteries to each area of the heart muscle during cardiac stress. If a part of the heart muscle doesn't receive a normal blood supply, less than a normal amount of Myoview will be in those heart muscle cells.

Instruction checklist for the nuclear Lexiscan stress test:

- Arrive 15 minutes prior to your scheduled appointment time.
- Bring a list of medications you take with you to the test
- Please **DO NOT** take any beta- blocker medications (meds ending in LOL) unless instructed otherwise by your physician. All other medications are okay to take as prescribed by your doctor. If you have asthma, please bring your inhaler medication with you. If you have diabetes, ask your physician how to adjust your medications the day of your test.
- Please refrain from any strenuous exercise or activities the day before your test, or the day of the test

- **Do Not** eat 4-6 hours prior to your testing time. (It is okay and recommended to drink plenty of water during the 4 hours prior to the test.) The last meal you eat prior to the test should be a low fat meal.
- **Do Not** drink or eat foods containing **CAFFEINE** for 12-24 hours prior to your test. Products labeled decaffeinated and caffeine-free contain trace amounts of caffeine and should also be avoided. Caffeine will interfere with the results of your test. If you have had caffeinated products within 12 hours of your test, you will be rescheduled.
- **Do Not** smoke the day of the test! Nicotine will interfere with the results of your test.
- Wear loose fitting, comfortable clothing. Pants or shorts and short sleeve shirts are preferred. (No long sleeves.) Do not wear one-piece undergarments or body suits. Wear tennis or crepe soled shoes.
- **The Nuclear Lexiscan Stress Test takes about 2 ½ - 3 hours to complete.** Please plan accordingly

If you need to CHANGE or CANCEL your appointment please call (303) 595-2727.

****We request you cancel your appointment by 2 pm. the day BEFORE your appointment if at all possible. ****

Failure to cancel your appointment at least 24hrs prior or missing your appointment MAY result in a \$50 fee.



Colorado Heart and Vascular PC

Nuclear Medicine Department
Lexiscan Instructions

Phone: 303-595-2727



Appointment Date: _____

Appointment Time: _____

Location: _____

What is a Nuclear Lexiscan Stress Test?

This is a type of nuclear scanning test. It shows how well blood flows to the heart muscle. The Lexiscan stress test involves injecting a medication called Lexiscan into your IV while you are closely monitored. The medication makes the heart respond as if you are exercising. This test is used for people that are unable to exercise or can't exercise for very long.

The Lexiscan stress test is useful to determine:

- If there is adequate blood flow to your heart during increasing levels of activity
- Extent of a coronary artery blockage
- Prognosis of patients who have suffered a heart attack
- Effectiveness of cardiac procedures done to improve circulation in coronary arteries
- Cause(s) of chest pain
- Estimate the risk of surgery that can cause cardiac complications

How will I feel during the test?

- The Lexiscan injection may cause a warm, flushing feeling. It is normal for your breathing rate, heart rate, blood pressure, and perspiration to increase during the test. If you notice chest discomfort or pain, headache, upset stomach, dizziness or other symptoms of concern such as excessive shortness of breath, please let the stress lab personnel know. The above symptoms are normal and go away typically within 3-4 minutes.

- If the test is normal during both sets of images, then blood flow through the coronary arteries is normal. The coronary arteries supply blood to the heart muscle.
- If the test shows the perfusion (blood flow) is normal during the rest but not after the Lexiscan infusion, (a perfusion defect), then the heart isn't getting enough blood and it must work harder than normal. This may be due to a blockage in one or more coronary arteries.
- If the test is abnormal during both sets of images, there's limited blood flow to the part of the heart at all times.
- If no Myoview (radioactive isotope) is seen in some part of the heart muscle, the cells in this part of the heart are dead from a prior heart attack. (They have become scar tissue.)

What happens during a nuclear Lexiscan stress test?

- During the first part of your test, a nuclear medicine technologist will place an IV into a vein in your arm or hand and inject a small amount of Myoview. Myoview is a radioactive tracer -- it is not a dye. It will be necessary for you to wait approximately 30 minutes after the Myoview injection to allow it to circulate.
- You will then be asked to lie very still on a special table under a camera ("gamma camera") with your arms over your head for about 12-15 minutes. The camera will record images that show the cardiologist how efficiently blood is circulated through the coronary arteries to each area of the heart muscle at rest.
- During the second part of your test, a stress lab technician will prep ten small areas on your chest and place electrodes (small, flat, sticky patches) on these areas. The electrodes are attached to an EKG monitor that charts your heart's electrical activity during the test.
- You will lie on an exam table while the technician performs EKG's and blood pressures while you are lying down, sitting up and standing.
- Next, a medication called Lexiscan is injected into your IV by a nurse, nuclear technologist, or physician over 10 seconds while you are either walking very slowly on the treadmill or sitting on the side of the exam table moving your legs in a walking motion.
- A nurse, nuclear technologist, or physician will flush your IV with saline immediately after injecting the Lexiscan. A small amount of Myoview will be injected into your IV 10-20 seconds after your IV is flushed with saline.
- Your blood pressure will be taken after the Myoview is injected into your IV and every two minutes in recovery.
- Please tell the technician immediately if you feel pain or discomfort in your chest, arm or jaw or if you feel short of breath, dizzy, headache, lightheaded or if you have any other unusual symptoms at any time during the test. The symptoms will go away typically within 3-4 minutes after the Lexiscan injection
- Your heart rate, EKG, and blood pressure are monitored throughout the test. The stress lab personnel will watch for any changes on the EKG monitor that suggest the test should be stopped. A physician is available if needed..