



**Blanchard Valley Medical Associates**

**200 West Pearl Street, Findlay, OH 45840**

**LEXISCAN CARDIOLITE STRESS TEST**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

1. For Females: If there is a chance you could be pregnant or are trying to become pregnant, you should **not** have Cardiolite material. Therefore, you should not have the Cardiolite test done. Please let the doctor's secretary know this **prior** to coming in for the test or at the time the test is to be scheduled.
2. Bring a list of any medications you take with you to the test. Include the name and dosage amounts of each medicine. This information can be found on the prescription or bottle label. You may continue to take your medicines as you normally would, unless your doctor instructs you otherwise. **Please bring your inhalers with you to the test.**
3. If you are taking the following **BETA BLOCKERS**, please **DO NOT** take them **the evening before or the morning prior to the test** unless directed by the physician. Bring the medication with you so you can take it after the test.
  - Tenormin (atenolol)
  - Levatol (penbutolol)
  - Cartrol (carteolol)
  - Visken (pindolol)
  - Corgard (nadolol)
  - Inderal (propranolol)
  - Ziac (bisoprolol)
  - Zebeta (bisoprolol)
  - Coreg (carvedilol)
  - Sotacor
  - Trandate (labetalol)
  - Lopressor (metoprolol)
  - Kerlone (betaxolol)
  - Sectral (acebutolol)
  - Blocadren (timolol)
  - Normodyne (labetalol)
  - Toprol (metoprolol XL)
  - Betapace
  - Sotalol
4. **DO NOT** do any strenuous exercise or activities the day before your test, or the day of the test.
5. **DO NOT** eat or drink anything **four (4) hours prior** to your testing time (it is okay to drink water during the four (4) hours prior to the test). The last meal you eat prior to the test should be a low fat meal, and do not include any caffeine or alcoholic beverages.

**For this test, certain ingredients that exist in foods and medication – even in tiny amounts – may interfere with the test. These ingredients include caffeine, theophylline and dipyridamole.**

**DO NOT TAKE THE FOLLOWING 24 HOURS PRIOR TO THE TEST:**

- **NO** coffee or tea that is brewed, instant, iced, or decaffeinated
- **NO** colas or other soft drinks that contain caffeine, including those labeled "caffeine-free"
- **NO** chocolates, including candies, frosting, cookies, pies, cocoa, and chocolate milk
- **NO** aspirin products that contain caffeine, such as Anacin® and Excedrin®
- **NO** Persantine® (dipyridamole)
- **NO** theophylline or theophylline containing products such as Quibron®, Slo-Phyllin®, or Theo-Dur®

**\*\*BRING A SNACK FOR AFTER THE STRESS PORTION OF THE TEST; IF NOT, CRACKERS ARE AVAILABLE.**

6. **DO NOT** smoke the day of the test!
7. **DO NOT** use lotion or powder on your chest the day of the test.

**PLEASE SEE OTHER SIDE**

8. Wear loose fitting, comfortable clothing. Pants or shorts and short sleeves are preferred (no long sleeves). You can bring a light jacket or sweater. Do not wear one-piece undergarments or body suits. Women are encouraged to wear bras. Wear tennis shoes or crepe soled shoes. Please make sure there is no metal on the shirt, i.e. buttons, snaps, etc.
9. **PLEASE NOTE:** Family members are not allowed in the cardiac stressing area due to patient privacy and exposure to unnecessary radiation.
10. Most Lexiscan Cardiolute stress tests take approximately **three and a half (3 ½) hours** and can be completed in one day. Your test may be scheduled as a two day protocol, which will require you to come in two consecutive days. You can expect to be here approximately **two (2) hours** the first day and **one and a half (1 ½) hours** the second day. **Cardiolite** is a solution that is introduced into the blood stream by using an I.V. Cardiolute helps to evaluate the effectiveness of the blood supply to the heart.
11. Your test will be done at BVMA. **Please enter via the East Wing Entrance.**
12. We have radioactive material that we order the day prior to your test date. Advanced notice of being unable to make your appointment allows us to cancel the order. If you are unable to make your appointment we need to know the **DAY BEFORE** your test date. If our office is closed, call **419-424-0380 and dial 3118** as soon as you hear the automated system begin and continue to leave a message. If you do not follow this procedure and do not show for your test, we are entitled to charge you for the wasted doses. **It is very important that we are informed ahead of time!!!**
13. **If you do not follow the instructions accordingly, (fasting 4 hours, NO CAFFIENE products for 24 hours prior to your test, etc.) we will have to charge you for the cardiolute doses that were ordered for you. This cost is not covered by insurance and you will be financially responsible for this fee.**

**DIABETIC PREPARATION:**

- Hold oral medications.
- You may take NPH and Lantus insulin.
- Do not take Humalog or Humulin R (Regular Insulin).
- Check blood sugars prior to leaving the house.
- If able to eat breakfast prior to four (4) hour fasting, you may take all medications, including your insulin, with the exception of your **beta blockers** as noted on the previous page.
- Do not worry if you miss your breakfast dose of insulin – start at your next meal.

The test is done in three parts:

1. Brief medical history, begin the IV line and give Cardiolute solution. The Cardiolute is allowed to circulate in the bloodstream for about 60 minutes, then a set of “resting” pictures are taken.
2. You will then be hooked up to the ECG monitor, run “resting” ECG strips, and given the Lexiscan over a 10-20 second period. Your heart activity and blood pressure are monitored. More Cardiolute solution is then infused through the IV.
3. Lie down and rest for about six (6) minutes, the IV and ECG electrodes are removed, another set of pictures are taken in about 60 minutes, and then you are done!

If you have any further questions or concerns, please contact your doctor at their number below.

**BVMA Phone Numbers:**

Jerome F. Beekman, MD	419-427-1381	Bruce A. Bouts, MD	419-427-1382
Michael L. Cairns, MD	419-427-1593	Mark R. Fox, MD	419-427-1384
Gregory P. Gerschutz, MD	419-427-1581	James A. Gideon, MD	419-427-1583
Robert L. Heacock, MD	419-427-1386	Randal E. Huff, MD	419-427-1388
Lisa M. Knor, MD	419-427-1389	Michael W. Lindamood, MD	419-427-1391
David J. Meier, MD	419-427-1594	Stephen D. Mills, DO	419-427-1392
Angela Willeke Ray, MD	419-427-1584	Gregory A. Ricketts, MD	419-427-1487
Leroy L. Schroeder, MD	419-427-1395	Martin A. Valdivia, MD	419-427-1390
Rick D. Watson, MD	419-427-1396		

PLEASE SEE OTHER SIDE