

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.



What to expect 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 begin to 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.

Can I eat or drink on the day of the test?

Yes. However, **avoid all products containing caffeine for 24 hours** before the test. In general, caffeine is found in coffee, tea, colas, Mountain Dew® and chocolate products. Also **avoid decaffeinated or caffeine-free products for 24 hours** before the test, as these products contain trace amounts of caffeine.

Should I take my medications the day of the test?

- **Avoid Medications with caffeine:** DO NOT take any over-the-counter medication that contains caffeine (such as Excedrin®, Anacin®, diet pills and No Doz®) for 24 hours before the test. Ask your physician, pharmacist or nurse if you have questions about other medications that may contain caffeine.
- **If you take heart medications:** DO NOT take the following heart medications **on the day of the test** unless your physician tells you otherwise, or unless it is needed to treat chest discomfort the day of the test:
 - Isosorbide dinitrate (for example: Dilatrate®, Isordil®)
 - Isosorbide mononitrate (for example: Imdur®, ISMO®, Monoket®)
 - Nitroglycerin (for example: Minitran®, Nitropatches®, Nitrostat®)
 - Dipyridamole (Persantine®): Stop taking 48 hours before the test.

What should I wear for the test?

Please wear comfortable clothes and shoes suitable for walking during the test.

How long will the test last?

The appointment will take about 2 to 3 hours. The actual exercise part of the test lasts about 7-12 minutes.