



PATIENT NAME/ACCT#: _____

JHC PHYSICIAN: _____ DATE/TIME: _____

**NUCLEAR PHARMACOLOGICAL STRESS TEST INSTRUCTIONS
(ADENOSINE OR LEXISCAN)**

HOW DO I PREPARE FOR MY TEST?

- 1. NO CAFFIENE FOR 24 HOURS PRIOR TO THE PROCEDURE.** This includes coffee, tea, decaffeinated coffee or tea, chocolate, soda and certain migraine medications including Excedrin, Anacin, Fioricet, and Fiorinal.
- You may eat a light meal **1-2 hours** prior to the procedure. As an example: toast, cereal or oatmeal. If you are diabetic, you may eat a small meal and take your regular diabetic medications.
- Drink plenty of water at any time the morning of the procedure.
- Do not take any of the following medications **48 hours** prior to the procedure: Pentoxifyllin, Theolair, Theo-24, Theophylline, Respid, Trental, Slo-Bid, Theo-dur, Uniphyl, Aggrenox, Persantine, or Dipyridamole.
- No nitroglycerine or nitrates the **day of the test**. This includes the nitro patch, sublingual pills, spray or any other form of nitroglycerine (for example: isosorbide and nitrobid).
- You may take any other medications that are not listed above. If you will need any anxiety or pain medications for the scan, please bring them with you. If you use inhalers, please bring them with you.
- IF YOU ARE SEVERLY CLAUSTROPHOBIC, PLEASE CALL THE OFFICE PRIOR TO YOUR PROCEDURE.**
- You should wear loose, comfortable clothing. If you tend to get cold, a long sleeve shirt is suggested, and bring a sweater or jacket with you. Wear comfortable shoes- no heels. Please, no dresses.
- Male patients may want to shave their own chests for EKG lead placement, if needed. Otherwise, a dry shave will be required in the clinic on the day of the test.
- Your total time for Nuclear Stress procedure is 3 hours.

NOTE: If you are more than 30 minutes late, expect for your procedure to be rescheduled.

Patient Signature of Acknowledgement

Date

FOR QUESTIONS CONTACT: JHC IMAGING DEPARTMENT @ 601 982-7850, EXT. 152.