



MUNSON HEALTHCARE

Otsego Memorial Hospital

Cardiopulmonary Dept. 989-731-2170; Nuclear Medicine Dept. 989-731-2188

LEXISCAN/CARDIOLITE AND TREADMILL/CARDIOLITE STRESS TEST INSTRUCTIONS

- 1. DO NOT HAVE CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
- 2. 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.**
- 3. DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST. THIS INCLUDES NICOTINE GUM AND PATCHES.**
- 4. DO NOT EAT OR DRINK ANYTHING FOR FOUR (4) HOURS BEFORE TEST.**
- 5. If you are diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.**
6. 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.
7. Do not apply lotions or powder to the chest area as the electrodes for the EKG will not stick well.
8. Please allow at least four (4) hours for completion of the stress test. This includes preparation time and post-test monitoring.
9. Please read and follow the attached medication sheet and bring all of your current medications with you.
10. Please inform the medical personnel of any recent illnesses, back problems, or chest discomfort.
11. If you are unable to raise your left arm over your head, lay flat on your back, or are severely claustrophobic, and please notify the OMH scheduling department at 989-731-2152.
12. Please arrive 15 minutes prior to your scheduled time to register in the main lobby.

Patients not showing up for their test without 24-hour notice (or just cause) will be billed for the cost of the isotope.

The results of the test will be available in approximately 4 days.



MUNSON HEALTHCARE

Otsego Memorial Hospital

If you are taking any of the following medications, they need to be stopped the day before and the day of the test (or as listed below)

Acebutolol - generic for Sectral capsules
Adalat - generic for Procardia
Aminophylline (2 full days and test day)
Amlodipine
Atenolol - Generic for Tenormin/Tenoretic
Benzylamine & Nadolol - combination products for Corzide
Betaloc
Betaxolol - generic for Kerlone
Betazolol Bisoprolol
Blocadren
Brevibloc injection
Caduet
Cafergot
Calan and Calan SR
Cardene
Cardizem LA
Carteolol - generic for Cartrol tablets
Cartia
Carvedilol Celiprolol
Cilostazol (2 full days and test day)
Constant-T (2 full days and test day)
Corgard
Coreg
Corzide
Covera
Darvon
Deponit Patch
Dilacor
Dilatrate
Diltiazem
Dilor
Dilor G
Dipyridamole - generic for Persantine (2 full days and test day)
DynaCirc
Elixophyllin
Esgic & Esgic-plus
Felodipine
Fioricet
Fioricet with Codeine Fiorinal
Fiorinal with Codeine
Gyrocaps (2 full days and test day)
HCTZ & Propranolol - combination products for Inderide
Long-acting Labetalol/Inderide
HCTZ & Labetalol (Hydrochlorothiazide)
- combination products for Normozide



MUNSON HEALTHCARE

Otsego Memorial Hospital

HCTZ & Timolol - combination products for Timolol
Imdur
Inderal injection
Inderal LA
Inderal tablets
Inderide
Innopran
Ismo
Isordil
Isoptin
Isosorbide (Dinatriate/Mononitrate)
Isradipine
Kerlone
Labetalol
Levator
Lopressor Ampuls
Lopressor HCT tablets
Lopressor pre-filled syringes
Lopressor tablets
Lotrel
Marax
Metoprolol - generic for Lopressor products
Migranal
MiniTran patch
Monoket
Mudrane
Nadolol - generic for Procardia
Nicardipine
Nifedipine - generic for Procardia
Nisoldipine Nitro-Bid
Nitro-patch
Nitro-Dur patch
Nitroglycerin Normodyne
Normozide tablets
Norvasc
Oxprenolol
Penbutolol - generic for Levator
Pentoxifylline - generic for Trental (2 full days and test day)
Persantine (2 full days and test day) Pindolol
- generic for Visken
Plendil
Pletal (2 full days and test day)
Posicor
Procardia & Procardia XL
Propranolol - generic for Inderal products
Quibron (2 full days and test day)
Respbid (2 full days and test day)



MUNSON HEALTHCARE

Otsego Memorial Hospital

Sectral Tablets
Selecor
Slo-Bid (2 full days and test day)
Slo-Phyllin (2 full days and test day)
Sorbitrate
Sular
Tarka
Teczem
Tedril SA (2 full days and test day)
Tenormin
Tenoretic
Theo-X (2 full days and test day)
Theo-24 (2 full days and test day)
Theo-24 Cap (2 full days and test day)
Theochron (2 full days and test day)
Theoclean (2 full days and test day)
Theo-Dur Tab (2 full days and test day)
Theolair (2 full days and test day)
Theolate (2 full days and test day)
Theophylline (2 full days and test day)
Tiazac
Tilazem
Tildiem
Timolide tablets
Timolol - generic for Blocadren tablets T-Phyl
(2 full days and test day)
Toprol XL
Trandate Transderm
Trasicor
Trental (2 full days and test day)
Unidur
Uniphyl tab (2 full days and test day)
Vascor
Visken
Verapamil
Verelan
Ziac
Zebeta



MUNSON HEALTHCARE

Otsego Memorial Hospital

WHAT ARE LEXISCAN AND TREADMILL CARDIOLITE TESTS?

Your doctor has requested a Cardiolute Treadmill or Cardiolute Lexiscan stress test. This test is valuable in evaluating your cardiac status. It may help your doctor diagnose coronary artery disease (which is 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 Lexiscan which is a medicine that dilates your coronary arteries and increases blood flow to your heart, simulating what happens when your body exercises.

Cardiolite is a radioactive 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 30-60 minutes later, a series of pictures of your heart (at rest) will be taken. These resting pictures will take about 20 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 on the treadmill or while a small dose of Lexiscan is administered over fifteen (15) seconds. 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 Lexiscan or when you reach 85% of your maximum heart rate on the treadmill. If you cannot reach 85% of your age predicted maximum heart rate during the treadmill exercise you will be injected with Lexiscan while walking to make sure you achieve the adequate amount of stress to produce accurate results.

A second set of pictures will be taken following the completion of the stress portion. These pictures will take another 20 minutes and will show what your heart looks like at stress. Then (if you are able) we will image your heart a third time with you lying prone on your stomach for 10 minutes. The Radiologist will compare the two (or three) sets of pictures (rest, stress and prone) 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.