

PROCEDURE AND TESTING APPOINTMENT INSTRUCTIONS

Adenosine and Lexiscan Myoview Stress Test Patient Instructions

Patient name:

Your test is scheduled for:

Please check in at the main OHSU Tuality Healthcare admitting desk 15 minutes prior to your scheduled appointment.

Day of the Test:

- No smoking, nicotine patches, nicorette gum.
 - No chewing tobacco.
 - No medical or recreational marijuana use.
 - No nitro patches.
 - No Imdur, Isordil, Isosorbide Dinitrate, Isosorbide Mononitrate, Tridil.
 - No food or water for 3 hours before test.
 - Wear comfortable clothing.
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24 hours Before Your Test - No Caffeine:

- Drinks containing caffeine:** Coffee, Instant Coffee, Decaffeinated Coffee, Brewed Tea, Iced Tea, Instant Tea, Coca-Cola, Diet Coke, Tab, Pepsi, Diet Pepsi, Regular Colas, "Caffeine Free" Cola, Dr. Pepper, Mr. Pibb, Mellow Yellow, Mountain Dew, Cocoa
 - Foods containing caffeine:** Chocolate Candy, Baking Chocolates, Chocolate Pudding, Brownies, Chocolate Coated, Chocolate Cake, Chocolate Milk.
 - Drugs with caffeine:** Anacin, Excedrin, No Doz, Cafergot, Wigraine, Floricet, Norgesic, Esgic, Florinal, Synalgos, Theophylline or Theo 24.
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What to Expect:

A radioactive tracer is injected into your bloodstream twice during the course of your testing. This tracer contains a small amount of radiation, similar to that of an x-ray. Pictures of your heart are taken with a special camera that can follow where that tracer goes. The camera is able to show us how much blood is flowing to all the parts of your heart muscle. These pictures help your doctor determine whether or not you have Coronary Artery Disease (CAD) by showing how much blood your heart muscle is receiving. Sometimes CAD can be detected while the heart is under stress, such as strenuous physical activity. For that reason, this test is performed in two parts -once while you are resting and once with Lexiscan medication. The results of the rest test are compared to the stress test results to determine the final outcome of your test.

Important things to remember:

- The radioactive material is ordered especially for you. If you are unable to keep your appointment for any reason, notify us immediately, Please allow 24 hour notice for canceling your appointment.
 - Your complete test will take 3 ½ - 4 hours. Please plan accordingly and feel free to bring a book or something with you to help this time pass more quickly.
 - If you have asthma or take inhalers (Albuterol, Combivent, Atrovent, Advair, etc), or Aminophylline (Theophylline, Theo-Dur, Slo-Bid, Uniphyll, etc.), are pregnant, may be pregnant, or have any medication allergies please notify our office before the day of the study.
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