

Cardiovascular Specialists of Frederick, LLC

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Frederick, MD 21702

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FOUR HOUR LEXISCAN/ADENOSINE SESTAMIBI STRESS TEST **At 184 Thomas Johnson Drive Suite 204**

READ THE FOLLOWING INSTRUCTIONS. THE QUALITY AND THE LENGTH OF YOUR TEST DEPENDS ON PROPER PREPARATION. BRING THESE INSTRUCTIONS WITH YOU AND YOUR MEDICATIONS ON THE DAY OF YOUR TEST.

You are scheduled for your four hour Sestamibi Stress Test on _____ @ _____.

INSTRUCTIONS

48 HOURS PRIOR TO YOUR TEST:

DO NOT TAKE any of the following MALE ENHANCEMENT DRUGS: VIAGRA, LEVITRA, AND/ OR CIALIS.

24 HOURS PRIOR TO YOUR TEST:

1. **DO NOT EAT OR DRINK** anything containing caffeine for 24 hours. **No chocolate, coffee, tea or sodas (this includes decaffeinated drinks) 24 hours prior to your test.**

If your stress test is scheduled **BEFORE** 12 p.m., do not eat or drink after 10 p.m. the night before.

If your stress test is scheduled **AFTER** 12 p.m. you may have a light breakfast before 8:00 a.m. that morning. Remember no coffee, tea or sodas as previously instructed.

MEDICATION INSTRUCTIONS FOR :

DIABETIC PATIENTS

- Please do not take oral diabetic medicines the morning of the test.
- Take only one-third (1/3) of your insulin.
- Bring your glucometer with you.

LUNG PATIENTS:

PATIENTS WHO USE INHALERS MUST BRING THEIR INHALERS!

You **may** take any medications unless otherwise instructed by your physician. You may have enough water to take these medications.

On The Day Of Your Test:

2. Do not smoke on the day of your test.
3. Bring the following items with you:
 - Insurance cards and HMO referrals. **Referrals are your responsibility.**
 - Wear or bring comfortable clothing and walking shoes.
 - One bottle of Sprite, Diet Sprite, 7 Up, Diet 7 Up, water, or juice is preferable and a snack. **The picture quality is enhanced with properly timed eating and drinking. You will be instructed when to do so by the nuclear technologist**
 - Your medicines, as it may be necessary for you to take some of them during the testing process at the direction of the MD.
 - Reading Material, as you will have periods of time during the test when you are simply waiting.
 - Bring your inhaler

If you have any questions, please call 301-631-6877 ext. 319

***In the event you need to cancel, please call 301-631-6877**

Ext.202 before 3PM the day before your appointment.

**** If you are a mother who is breast feeding you should have discussed this with your primary Cardiologist before scheduling this test!**