

## LEXISCAN PET STRESS

**The PET stress test is being done to detect the presence of or assess the status of coronary artery disease.** Images of how well blood flow is getting into your heart muscle at rest and under stress will be acquired for this test.

**You will be injected through an established IV access with a radioactive isotope called Rubidium.** No contrast dye is used during this test. You will not feel anything from these injections. This isotope has a 75 second half life. Because of this rapid imaging energy decay, everyone having this test receives an infusion of an IV medication as a substitute for physical exercise for the stress portion of the test. So, once positioned in the camera, you remain there until the test is completed.

**You will be monitored closely by the RN during the test.** You will have a continuous ECG monitor, O2 Saturation monitor, and frequent BP checks. We are not in the room with you during the image acquisition to decrease our radiation exposure, but we are monitoring you from behind the glass in the control room and by video camera. There is an intercom system if you need to ask or tell us something during the testing.

**You will be positioned with your chest inside the PET camera for the image acquisition.** The positioning image to confirm correct heart placement in the camera takes 3-5 minutes. Your head, arms, and legs will be outside the camera unless you have shoulder range of motion problems. Any problems you may have that would prevent you from lying still on your back for 45-60 minutes or any shoulder mobility problems that would prevent you from raising both arms straight over head and touching your ears with your upper arms should have been discussed with your physician before scheduling this test. Once your heart is confirmed in correct position, you must lie still to ensure the accuracy of the test images. You will be given an isotope injection for the Rest image acquisition.

**The Rest blood flow images take 12-22 minutes.**

**The Lexiscan (Regadenoson) injection** for the stress testing is given over 15 seconds. You may experience symptoms/ side effects from the stress medication which acts by directly affecting your artery walls causing artery dilation which mimics the natural result of physical exertion. Most frequent symptoms patients have had reported are, changes in breathing or shortness of breath (that is the reason we will be monitoring your O2 Sat.), headache, flushing, chest discomfort, dizziness, chest pain, nausea, abdominal discomfort, musculoskeletal pain, and dysgeusia {distortion of the sense of taste}. Most symptoms resolve within 15 minutes of the Lexiscan administration except for headache which in most patients resolve within 30 minutes. Approximately 50 -60 seconds after completion of the stress medicine injection and once the technologist confirms your positioning you will be given another isotope injection for stress image acquisition.

**The Stress blood flow images take 12-22 minutes.** Once the stress images are completed you will be administered the antidote or reversal medicine through the IV to relieve any symptoms. Then you will be disconnected from the equipment and assisted to a room to get ready to go home. The nurse will remove your IV and have you sign your discharge sheet. Your cardiologist or his/her nurse will contact you with these test results in 5-7 days.

**Please direct any questions you have to the nuclear technologist preparing you for your test.**