

LEXISCAN SPECT STRESS

The LEXISCAN SPECT stress test you are having today 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 need to be acquired for this test.

You will be injected through an established IV access with Technetium-99m, a radioactive isotope attached to a drug called Sestamibi. No contrast dye is used during this test. You will not feel anything from these imaging injections. This isotope has a 6 hour half- life. You therefore will still be radioactive upon completion of your testing today and for a minimum of 24 hours after. This radioactivity will not interfere with eating, drinking, or your medications. Due to the rapidly reproducing cells of an unborn baby and babies after birth up to 2 years, we would want you to avoid sitting next to pregnant females for hours at a time while you are still radioactive and also to avoid holding small babies for long periods.

You will be asked to sit in the waiting room and to drink ½ of the drink you were instructed to bring, once you are injected with the REST image isotope. (This drink needs to be without any caffeine!) If you forgot a drink you may obtain a cup of bottled water from the dispenser in our reception area. Drinking helps improve the quality of the heart images. The imaging material takes 45- 60 minutes to adequately collect in your heart muscle for imaging. The technologist will come and call for you when it is time to take your pictures.

You will be positioned on the recliner chair with your arms resting above your head on a cushion. The nuclear gamma camera moves about your chest on a robotic arm taking multiple views of your heart over 12 ½ - 16 minutes. This positioning of your arms is to prevent the camera from having to see through your arm bones and tissue to take the images. You must lie still to ensure the accuracy of the images. Once the REST pictures are acquired you will be asked to return to the waiting room until called to the stress room by the nurse for the exercise or stress portion of the test.

You will be monitored closely by the RN during the stress test. You will have a continuous ECG monitor and frequent BP checks. The nuclear technologist would inject through your IV a medication called Lexiscan over 10 seconds. This medicine will directly affect the artery walls and cause dilation as though you did get to your heart rate. The technologist would then inject the STRESS isotope through the IV. It will circulate and collect in the heart muscle under the condition of dilated arteries so that the STRESS images can be acquired for comparison. Patients who receive this medicine injection have reported

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symptoms. The most common symptoms include but are not limited to dyspnea (difficulty breathing or shortness of breath), 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.

Your recovery will be monitored by the RN for a minimum of 5 minutes with serial ECG tracings and BP checks. Lexiscan is a short acting medicine but can last longer than the amount of time you are with the nurse. If you are having on going symptoms, please let staff know **immediately**. By the time your STRESS images are acquired, and you are leaving to go home this Lexiscan medicine will have depleted. You will have no lasting side effects from the stress medicine. The nurse will then unhook the monitor wires and send you to the waiting room to await the STRESS image acquisition by the nuclear technologist. The nurse will leave three monitor buttons on your chest for use by the technologist during the imaging. You will be instructed to eat any snack you brought and to drink at this time to improve the quality of the heart images.

You will be positioned on the recliner chair with your arms resting above your head on the cushion again for the Stress blood flow images that take 13-16 minutes. The nuclear technologist will remove the IV from your arm when they take you back for the STRESS imaging.

Once the images have been acquired you will be able to leave, and your cardiologist or his/ her nurse will contact you in 5-7 days with your test result. You will be given a copy of your paperwork identifying that you had radioactive isotope injections for this test upon completion of your images. This will prove that you are medically radioactive if you should set off any radiation monitoring alarms for the 24 hours after your test.

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