



LEXISCAN STRESS TEST INSTRUCTIONS

24HRS BEFORE AND ON THE DAY OF THE TEST

- ✓ Do **not** drink coffee, tea, soda or alcohol (including decaffeinated beverages).
- ✓ Avoid food and drinks containing caffeine (candies, cakes, brownies, pudding, chocolate milk, hot cocoa, diet supplement bars, etc.).
- ✓ You may drink water, juice, and milk. **Please keep yourself well hydrated.**
- ✓ The procedure **may** take up 3 to 4 hours so be prepared. Please bring a snack or light lunch.
- ✓ Do not eat 3 hours before the test.
- ✓ Do not exercise before the test.
- ✓ Do not smoke
- ✓ Wear comfortable clothing **without** metallic buttons or zippers near the chest area. Bra hooks are okay.
- ✓ Take all your daily regimen medications the day of exam. If you're a diabetic **hold** all your diabetic medication including **INSULIN** the morning of the test.

Patients with unsteady gait or wheelchair bound must be accompanied by a family member at all times.

***** Patients that are crossing the border or any check points need a letter stating that nuclear stress testing was done*****

- ✓ If you have any questions regarding the nuclear stress test, feel free to call our office at (915) 577-9009.

Avoid over the counter drugs containing caffeine

- * Cafegot (all forms) * Fioricet * Norgesic * Wigraine(all forms)
- *Esgic (all forms) * Fiorinal * Synalgos DC