

**Interventional Cardiology Medical Group, Inc.**

**PHARMACOLOGIC NUCLEAR IMAGING USING ADENOSINE OR LEXISCAN  
PATIENT INSTRUCTIONS**

A pharmacologic agent, either Adenosine or Lexiscan, will be used for this study. These are medications that are administered to simulate exercise. They increase blood flow to the heart muscle, just like exercise. Cardiolyte/technetium is a radioisotope that when injected into a vein in the arm, travels to the heart muscle. Pictures are taken of the blood flow in the heart muscle with a special nuclear imaging camera. This test is designed to determine if there is any problem with the blood flow through the coronary arteries that supply the heart with blood.

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**PROCEDURE**

An intravenous (IV) catheter will be placed in your arm in order to administer the injection of Cardiolyte/technetium. There are no side effects from this injection. The risk of radiation is small, approximately 2 to 3 chest x-rays. A resting scan will be done while lying flat, with your arms above your head. Pictures of your heart will be taken at different angles. These pictures will take 10 to 15 minutes to obtain. Either Adenosine or Lexiscan will be administered intravenously. Adenosine will be administered into the IV over a period of four minutes or Lexiscan will be administered over a period of 30 seconds with intravenous injection of Cardiolyte/technetium injection. Your blood pressure, heart rate and rhythm are monitored during the Adenosine or Lexiscan administration. After the completion of the Adenosine or Lexiscan, more pictures of your heart will be taken to compare with the first set of pictures. During the Adenosine or Lexiscan administration, you may experience symptoms much like heavy exercising, flushing, heavy breathing, or light-headedness. These sensations are only temporary and will disappear after the administration.

**PATIENT INSTRUCTIONS**

- **DRINK WATER – for hydration!**
- **NO CAFFEINE for 24 hours before the test. This includes tea, sodas, chocolate and decaffeinated coffee!**
- If your exam is scheduled after 12:00 noon – you may eat a light breakfast (cereal, toast, juice) the morning of the exam.
- Please arrive 20 minutes prior to your scheduled test time.
- If your exam is scheduled before 12:00 noon - do not eat or drink anything after midnight the night before the exam.
- If you are diabetic, you may eat a *light* breakfast and/or lunch.
- You may bring something to eat for after the treadmill portion of this test, preferably something with high fat content such as peanut butter or cheese.
- Wear loose fitting, comfortable clothing.
- Do not wear necklaces or clothing with metal on it (metal buttons, sequins, brooches, etc.).
- If you have asthma presently or previously, bring your inhaler(s) with you.
- Bring a list of your medications with you.
- Take your usual morning medications on the day of your test unless directed by your physician:

**LENGTH OF TEST - The test will take approximately 3 to 4 hours.**

**QUESTIONS - If you need to cancel, reschedule, or have any questions about this exam, please call the office at: 818-702-8800.**

**PLEASE GIVE OUR OFFICE 24 HOUR NOTICE TO CANCEL YOUR TEST**

**OR THERE WILL BE A \$350 CHARGE**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_