

Caldwell Medical Associates
Caldwell Cardiology
100 Medical Center Drive
Princeton, KY 42445

LEXISCAN or ADENOSINE/CARDIOLITE/MUGA Cardiac Stress Test

PATIENT INSTRUCTIONS

Appointment day and time: _____

Your physician has ordered you to have a Cardiac Stress Test. Please follow these instructions for the best experience and to ensure you do not have difficulties with the procedures.

NUCLEAR STRESS TESTING WILL TAKE APPROXIMATELY 3 - 4 HOURS.

Please bring a book or cross word puzzle for activities between procedures.

1. When you arrive at the hospital, check in at the front desk. Please present for your appointment 15 minutes early for paperwork and registration.
2. You must have someone drive you to the appointment and take you home.
3. You may eat a light breakfast. (one egg & one piece of toast, or one bowl of cereal or oatmeal)
4. **DO NOT eat or drink anything that contains caffeine 12 hours before your test.**
 - This includes coffee (decaf has caffeine also), chocolate, and colored sodas.
 - **IF YOU FORGET AND USE CAFFINE, YOUR TEST CANNOT BE DONE**
5. Bring a list of all the medications you are presently taking with you the day of your test.
 - **DO NOT take Persantine (Dipyridamole) 24 hours prior to your procedure.**
(See list on back)
 - **DO NOT take Theodure (Theophylline) 48 hours (2 days) prior to your procedure.**
(See list on back)
6. DO NOT use any lotions or oils the day of testing.
7. DO NOT smoke twelve (12) hours before your appointment.
8. If you have a history of Asthma or COPD, please let us know as soon as possible. An alternate pharmacological agent will be used.
9. Wear comfortable shoes and clothing with no metal above the waist.
10. Due to the high cost of medications for these procedures, **you must call 24 hours in advance to cancel an appointment.** If cancelation is not 24 hours in advance, you may be billed for the cost of the medication. Please call as soon as you are aware that you will not be able to keep your appointment.
 - Cardiology Clinic Receptionist/Scheduling (270) 365-0308
 - Cardiology Clinic Coordinator (270) 365-0350
 - Cardiology Clinic Manager (270) 365-0306

Caldwell Medical Associates is proud you have chosen us to perform your procedures.

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FOOD AND DRINKS THAT SHOULD BE AVOIDED FOR AT LEAST 12 HOURS BEFORE STRESS TESTING

- Chocolate and cocoa products – including candies, cakes, brownies, pudding, chocolate milk, hot cocoa, etc.; coffee and tea, including brewed, instant, iced, and decaffeinated; soda pop, including those labeled “caffeine free”; diet supplements, including bars, energy drinks, and products containing guarana.

Common OTC drugs containing caffeine – this is not an all inclusive list

- * Anacin® - aspirin, caffeine
- * Vivarin® - caffeine
- * Excedrin® - acetaminophen, aspirin, caffeine
- * NoDoz® - caffeine

Common prescription drugs containing caffeine – this is not an all inclusive list

- * Cafegot® - ergotamine tartrate, caffeine
- * Norgesic® - orphenadrine, aspirin, caffeine
- * Esgic® - butalbital, acetaminophen, caffeine
- * Norgesic® Forte – orphenadrine, aspirin, caffeine
- * Fioricet® - butalbital, acetaminophen, caffeine
- * Synalgos® DC – dihydrocodeine, aspirin, caffeine
- * Fiorinal® - butalbital, aspirin, caffeine
- * Wigraine® - ergotamine, caffeine

Common prescription drugs containing Theophylline

- * Aerolate® - theophylline
- * Constant-T® - theophylline
- * Elixophylline® - theophylline
- * Quibron® - theophylline
- * Respbid® - theophylline
- * Slo-bid® - theophylline
- * Slo-Phyllin® - theophylline
- * T-Phyl® - theophylline
- * Theo-24® - theophylline
- * Theoclear® - theophylline
- * Theo-Dur® - theophylline
- * Theolair® - theophylline
- * Theo-Clear 80® - theophylline
- * Theostat® - theophylline
- * Theo-X™ - theophylline
- * Tedral® SA – theophylline, ephedrine HCL, Phenobarbital
- * Theo-Organidin® - theophylline, iodinated glycerol

Common prescription drugs containing Dipyridamole

- * Aggrenox® - aspirin, dipyridamole
- * Permole® - dipyridamole
- * Persantine® - dipyridamole

This is only partial lists. Please consult individual package inserts or product labels.