# PERLOFF
## CARDIOVASCULAR CARE

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NUCLEAR EXERCISE STRESS TEST ------- LEXISCAN NUCLEAR STRESS TEST

PLEASE PLAN ON BEING HERE FOR A MINIMUM OF 3 HOURS
MANDATORY MUST BRING A SNACK AND BOTTLE OF WATER

## What to Wear:

Wear comfortable tennis shoes and clothing ( i.e. gym clothes, tennis shoes), as you will be walking on the treadmill
If you are schedule to have a Lexiscan you many not have to walk on the treadmill but you should still wear comfortable shoes and clothing.

## Your Medication(s)

If you are on a BETA-BLOCKER please do not take any of these medications below and HOLD the night before and morning of the stress test.

* Atenolol, Bisoprolol, Bystolic, Carvedilol, Labetalol, Metoprolol, Nadolol, Propanolol, Sotalol

If you are Diabetic please DO NOT take your medications the morning of the test.  If you take insulin, please bring it with you to the office.
You will be able to take your medication as soon as the stress portion of the procedure is complete.

ANY medications not listed above may be taken prior to your test (i.e., blood pressure, anti-inflammatory, hormone's, cholesterol, etc.)

## What to Eat/Not Eat:

DO NOT eat after midnight (unless physician has given you specific instructions regarding you diet)
Absolutley NO CAFFEINE 24 hours prior to your study.  This means no regular or decaf coffee, tea, soda, diet soda
chocolate, etc.  Caffeine may alter your scan results, therefore making them unreliable.
No Smoking 8 hours prior to your test.
You may have plenty of water in the morning BUT ONLY Water.

## If you have Asthma:  Please bring you inhaler with you to the office/

IF YOU NEED TO CANCEL YOUR TEST, PLEASE NOTIFY THE OFFICE WITHIN
24 HOURS OF YOUR APPOINTMENT.  IF YOU DO NOT CALL TO CANCEL
24 HOURS PRIOR TO YOUR APPOINTMENT, YOU WILL BE CHARGED A FEE FOR
THE MEDICATION ORDERED.

PLEASE MAKE SURE TO SCHEDULE A FOLLOW UP APPOINTMENT WITH YOUR
DOCTOR IN ORDER TO RECEIVE YOUR RESULTS.  RESULTS WILL NOT BE
RELEASED OVER THE PHONE

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