

NUCLEAR LEXISCAN STRESS INSTRUCTIONS

YOU ARE SCHEDULED FOR _____

SCHEDULING QUESTIONS – PLEASE CALL RONNIE OR SHANICE

Atlantic Cardiology – Cardiac Imaging
444 Neptune Boulevard – 2nd Floor
Neptune, NJ 07753
732-775-5300

Please be on time for your testing. Late arrivals may result in rescheduling of your appointment. The Stress Nurse will call you 1-2 days prior to your testing date to confirm your appointment and provide instructions.

PREPARATION FOR YOUR PROCEDURE

The length of testing is approximately 3-4 hours.

NO caffeinated drinks 8 hours prior to test – this includes coffee, tea, chocolate, cola drinks and decaffeinated coffee and tea.

For appointments prior to 11AM – Do not eat or drink anything for 4 hours prior. Please drink water.

For appointments after 11AM – Have a very light breakfast 4 hours prior to test. Please drink water.

Please wear comfortable clothing (NO metals) and sneakers or footwear suitable for exercise.

Medication restrictions are as follows: Withhold any Nitrates. Do not take the following: Nitroglycerin, Nitrates, Isosorbide as Nitro patches, Minitran patch, Nitrostat, Imdur, Isordil, Ismo, Monoket (unless needed to treat chest discomfort on the day of testing). Also, withhold any medications with Aminophylline and/or Theophylline.

Diabetes medications should be held if your appointment is before 11AM. If your appointment is after 11AM, you may eat 4 hours prior to testing and take your diabetic medications. Please bring your diabetic medications with you.

No lotions or powders on your chest, you may apply deodorant.

Bring a lunch or snack with you. We will provide light snacks and drinks. We do have a small refrigerator. The nurse will instruct you when you are able to eat.

Please bring a sweater or light jacket with you. The temperature in the testing area is cool.

If you have any questions regarding the procedure or instructions, please feel free to call Alisa Stone, R.N. at 732-775-5300.

NUCLEAR EXERCISE STRESS INSTRUCTIONS

YOU ARE SCHEDULED FOR _____

SCHEDULING QUESTIONS – PLEASE CALL RONNIE OR SHANICE

Atlantic Cardiology – Cardiac Imaging
444 Neptune Boulevard – 2nd Floor
Neptune, NJ 07753
732-775-5300

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PREPARATION FOR YOUR PROCEDURE

The length of testing is approximately 3-4 hours.

NO caffeinated drinks 8 hours prior to test – this includes coffee, tea, chocolate, cola drinks and decaffeinated coffee and tea.

For appointments prior to 11AM – Do not eat or drink anything for 4 hours prior. Please drink water.

For appointments after 11AM – Have a very light breakfast 4 hours prior to test. Please drink water.

Please wear comfortable clothing (NO metals) and sneakers or footwear suitable for exercise.

Medication restrictions are as follows: Beta Blocker medications must be held. Do not take the following: Atenolol, Toprol, Metoprolol, Coreg, Carvedilol, Bisoprolol, Labetalol, Nadolol, Sotalol, Tenormin, Sectral, Zebeta, and Ziac unless specified by your doctor.

Diabetes medications should be held if your appointment is before 11AM. If your appointment is after 11AM, you may eat 4 hours prior to testing and take your diabetic medications. Please bring your diabetic medications with you.

No lotions or powders on your chest, you may apply deodorant.

Bring a lunch or snack with you. We will provide light snacks and drinks. We do have a small refrigerator. The nurse will instruct you when you are able to eat.

Please bring a sweater or light jacket with you. The temperature in the testing area is cool.

If you have any questions regarding the procedure or instructions, please feel free to call Alisa Stone, R.N. at 732-775-5300 EXT. 163.