

ISLAND CARDIOVASCULAR ASSOCIATES, L.L.P.

A Division of Millennium Medical Professionals, P.L.L.C.

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PRACTICE LIMITED TO CARDIOVASCULAR DISEASES



TEST INSTRUCTIONS for **DIABETIC** patients

CARDIOLITE STRESS TEST (EXERCISE, LEXISCAN (REGADENOSON))

- We will contact you prior to the test. If a message is left, please call and confirm the appointment by 3 PM of the day prior to the test. **Without confirmation, the appropriate isotope will not be ordered and the test will have to be rescheduled.**
- **24 hours prior to the test do NOT consume any CAFFEINE** This includes **all** caffeinated and decaffeinated products. **NO** coffee, tea, soda, iced tea, chocolate milk or chocolate. **NO** Fioricet or Excedrin.
- **No food 2 hours prior to test**, but you may juice, milk or water up to the time of your test. Bring a container of juice and a snack such as sandwich, crackers or fruit. You will be able to eat following the administration of sestamibi and prior to your scan.
- Take all your diabetic medications as usual for example, Glucophage, insulin, etc.
- Take all of your other medications unless otherwise indicated by the doctor at your last visit.
- Bring all your medications with you. If you use an inhaler, please bring it with you also.
- Bring your glucometer machine and appropriate capillary puncture device and test strips.
- Wear comfortable clothing, sneakers or walking shoes. No sandals or flip-flops. No underwire bra or metals (metal buttons, safety pins, etc.) are to be worn on the chest area since this will interfere with imaging.
- Waiting is part of the test – please bring something to occupy your time.

PLEASE BE ADVISED A \$50 CANCELLATION FEE WILL BE APPLIED TO ANY MISSED OR CANCELED APPOINTMENTS WITHOUT 24-HOURS NOTICE.

Please give us the courtesy & please call to reschedule.

Thank you for your understanding

