

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

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 3 hours prior to test**, but you may have as much water as you like. **Bring** a container of juice and a snack such as sandwich, crackers or fruit. There is a 45 minute to 1 hour waiting period after first dose of Cardiolite. You will be able to eat and drink during this waiting **time avoiding caffeine, decaf, or chocolate.**
- **Please take regular scheduled medications, unless otherwise indicated by the doctor at your last visit. Please call the office for questions about what medications to hold.**
- **Bring all your medications or an updated medication list** with you. If you use an **inhaler**, please bring it with you.
- **Wear comfortable clothing, sneakers or walking shoes. NO** dresses, sandals or flip-flops. **NO** underwire bra or metals (metal buttons, safety pins, etc.) are to be worn around the chest area since this will interfere with imaging.
- **Waiting time for SPECT is approximately 3-4 hours**; 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 & call to reschedule.

Thank you for your understanding

