

LGH MERRIMACK VALLEY CARDIOLOGY ASSOCIATES, LLC

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PHARMACOLOGICAL MYOCARDIAL PERFUSION STRESS TEST WITH LEXISCAN

PLEASE REVIEW THESE INSTRUCTIONS IMMEDIATELY

Please report to: Merrimack Valley Cardiology
14 Research Place, 3rd FL
North Chelmsford, MA 01863

You must allow 3 – 4 hours for this test.

PRE-TEST INSTRUCTIONS:

- 1. AVOID FOR 48 HOURS: YOU MUST BE OFF AGGRENOX (Aspirin and Dipyridamole combination).**
- 2. AVOID FOR 24 HOURS:** Beta-blockers (examples: Atenolol, Betapace, Coreg, Corgard, Inderal, Labetolol, Lopressor, Metoprolol, Nadolol, propranolol, Sotalol, Tenormin, Toprol). Bring this medication with you.
- 3. AVOID FOR 12 HOURS:**
Medications containing **Theophylline** or **Dipyridamole**.
All dairy products such as milk, cheese, yogurt and ice cream.
No caffeine at least 12 hours prior to study or procedure will be cancelled. This **includes decaffeinated** products, coffee, chocolate, tea, and soda.
4. If you use inhalers, bring them with you.
5. Insulin dependent diabetics should take ½ your usual dose or ½ of oral hypoglycemic dose with breakfast.
6. Bring a list of your current medications.
7. **YOU MUST HAVE** a light breakfast on the day of testing. **DO NOT FAST** or the test may be cancelled. Suggestions: toast, bagel, muffin, oatmeal, and juice or water. If your arrival time is after 11:00AM, you may have an additional light snack (crackers, fruit, toast, or soup) prior to arrival for testing.
8. Wear comfortable clothes and walking shoes (preferably sneakers).
9. You may use deodorant, but no body or moisturizing lotion on the upper torso.
10. You will be able to leave mid way between the test to eat, but if you prefer not to leave please bring something to eat with you. There will be no dietary restrictions at this point in the test.

**The materials ordered for your test are ordered specifically for you.
They are quite costly and cannot be re-used.**

**If you are unable to keep your appointment, please call us
the day before by 4:30 p.m. at (978)256-6607.**

*Stress Testing · Echo and Nuclear Stress Testing · Echocardiography · Cardiac CT · Event Monitoring · Holter Monitoring
Pacemaker and Defibrillator Insertion and Management · Cardiac Catheterization · Angioplasty · Interventional Cardiology
Peripheral Vascular Interventions · Carotid and Peripheral Vascular Ultrasonography · Electrophysiology Evaluation and Therapy*

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