



Baylor Scott & White

CARDIOVASCULAR CONSULTANTS

A member of HealthTexas Provider Network

Grapevine

2020 West Hwy 114 #200

Grapevine, TX 76051

817-912-8400

Plano

6000 West Spring Creek Pkwy #220

Plano, TX 75093

469-800-4440

Flower Mound

4421 Long Prairie Rd., #200

Flower Mound, TX 75028

469-800-1030

NUCLEAR STRESS TEST PATIENT INSTRUCTIONS

Patient Name: _____

Date: _____ Time: _____

SPECT nuclear stress test:

1. ***Absolutely NO caffeine 12 hours*** prior to your appointment time. This includes decaffeinated drinks, cigarettes (including electronic cigarettes---E-Cigs, Vapors), nicotine products, and chocolate. Medications containing caffeine (such as Anacin, Excedrin, Cafergot, Fiorinal, and BC Powder) should be avoided as well.
2. ***Do not eat anything*** 4 hours prior to this test. You may **drink water** prior to the test.
3. **CHEMICAL stress test**, Do not take Aggrenox, Dipyridamole, Persantine for 48 hours prior to the exam. Other medications should be taken as usual unless otherwise directed by your physician.
 - **Please inform your doctor and technologist if you have any seizure disorder prior to your Lexiscan.**
4. **ETT/treadmill stress test**, Blood Pressure medication(s) with antianginal properties (B-blockers, calcium channel blocker, and nitrates) will lower the stress test's diagnostic utility. Generally discontinuation of these medicines is left to the discretion of the referring/ordering physician.
5. Wear comfortable shoes and clothing with an open front or loose/baggy shirt. NO one-piece outfit.
6. Please arrive 15 minutes prior to your scheduled appointment time.
7. Allow up to 3 hours for completion of the exam.

PET nuclear stress test:

1. ***Absolutely NO caffeine 12 hours*** prior to your appointment time. This includes decaffeinated drinks, cigarettes (including electronic cigarettes---E-Cigs, Vapors), nicotine products, and chocolate. Medications containing caffeine (such as Anacin, Excedrin, Cafergot, Fiorinal, and BC Powder) should be avoided as well.
2. ***Do not eat or drink anything*** 4 hours prior to this test.
3. Do not take Aggrenox, Dipyridamole, Persantine for 48 hours prior to the exam. Other medications should be taken as usual unless otherwise directed by your physician.
4. **Please inform your doctor and technologist if you have any seizure disorder prior to your Lexiscan**
5. Wear comfortable shoes and clothing with an open front or loose/baggy shirt. NO one-piece outfit.
6. Please arrive 15 minutes prior to your scheduled appointment time.
7. Allow up to 1.5 hour for completion of exam.

*****It is imperative that these instructions are followed to prevent having to reschedule your exam*****

Bring with you:

1. Insurance card.
2. Driver's license.
3. Payment is due at the time of service. You are responsible for all out of pocket expenses required by your insurance company or the self pay rate for the procedures provided if you do not have insurance.

Patients with a financial obligation of greater than \$100 will receive a pre-visit courtesy call informing them of the estimated amount to be collected upon arrival.