## Pullman Regional Hospital
## Nuclear Medicine Department

### What is a Lexiscan Stress Test (Pharmacological Stress Test)?

The purpose of this test is to detect the presence and significance of coronary artery disease.

### Before your test

Do not eat or drink four hours before your exam.

Do not eat or drink anything that has caffeine 24 hours prior to your exam. **This will interfere with the exam, resulting in the cancelation and rescheduling of your exam**. This includes not eating or drinking:

- Coffee, including decaf
- Chocolate of any kind
- Tea or Soda

**Bring a list of current medications and doses.**

Bring a list of any allergies you may have.

### During your test

Once you are registered and checked in at the Outpatient Services desk, a technologist will come out to greet you and bring you into the department. The exam will be explained and any questions you might have will be answered at this time.

An intravenous (IV) will be started in your arm then an imaging tracer will be will be injected into the IV. After a 30-minute wait, the technologist will take the first set of images using a Nuclear Medicine SPECT/CT camera. It will take approximately 20 min.

Next, you will be escorted to the Treadmill Lab for your pharmacological stress test. The technician will apply EKG leads and a blood pressure cuff to your arm opposite your IV. A physician will be called into the lab to monitor you as we administer the Lexiscan. There _may_ be mild side effects to include: nausea, vomiting, headache, chest discomfort, and neck/jaw pain.  These symptoms are rare and an antidote can be given if necessary.

The test will last approximately 2-2.5 hours. You will be able to drive yourself home.

## After your test

You can resume your regular activities with no restrictions. The technologist will not be able to give you any results; however, the results should be available to the doctor who ordered your test within one to two business days.

## Thank you

We are honored that you have chosen Pullman Regional Hospital to serve your healthcare needs.