



Dignity Health Medical Group® Bakersfield

A Service of Dignity Health Medical Foundation

MYOCARDIAL PERFUSION STUDY/LEXISCAN

OVERVIEW

- Myocardial perfusion is a nuclear stress test. It is done to show how well blood flows through the heart muscle. It also shows how well the heart muscle is pumping. A myocardial perfusion scan uses a small amount of a radioactive substance in a liquid form, called a radioactive tracer. The tracer travels through the blood. It is absorbed by the healthy heart muscle. A stress myocardial perfusion scan assesses blood flow to the heart muscle when it is stressed. The heart is often stressed from exercise or chemical. Walking on the treadmill or chemical stress test will be determined by the ordering doctor. Chemical stress agent will increase blood flow through the coronary vasculature and mimic a response similar to exercise stress test. This is called a pharmacologic myocardial perfusion scan. In addition, the images are routinely gated during stress portion to show regional wall motion and allow calculation of the left ventricular ejection fraction.

PATIENT PREPARATION PRIOR TO THE TEST

- Do not eat or drink or smoke six hours prior to procedure except water.
- Do not take medications, including Nitro Patch, on the day of the test unless instructed to by your doctor
- Dipyridamole is held for at least 2 days prior to testing.
- Caffeine is held for 24 hours prior to testing!
- Food and drink that contain caffeine like chocolate and cocoa products—including candies, cakes, brownies, pudding, chocolate milk, hot cocoa, coffee and tea including brewed, instant, iced, and decaffeinated; soda pop, energy bars, energy drinks, and products containing guarana.
- Xanthene derivatives should be held at least 12 hours prior to test day.
- Aggrenox, Permole, Persantine are to be held 48 hours prior to test day.
- Hold prescription medication that contain theophylline for 24 hours
- Over-the-counter medicines that contain caffeine like Anacin, Excedrin, Goody's, Midol, Nodoz, Vivarin
- No creams, lotions, or powder to your chest area the day of the test.
- Wear comfortable clothing and shoes without metal. For female patients, please wear sport bra.
- Failure to follow instruction will result in rescheduling of your examination.
- **This examination takes approximately 4 hours to perform with 1 hour break in between where patient will go eat and come back.** Patients weighing over 250 pounds may have the test over two days to ensure better images quality and test results.
- Please bring inhaler if you have asthma or COPD
- Bring your blood pressure and heart medication to the office on the day of the test
- Questions regarding medications or preparation please call the office at **661-321-3161**.