

Instructions for Testing



Test Name: **CARDIOLITE MPS STRESS TEST** (Lexiscan, Treadmill)

- Parkwest Medical Center**
9352 Parkwest Blvd, Knoxville, TN 37923
- Fort Loudon Medical Center**
550 Fort Loudoun Medical Center Drive, Lenoir City, TN 37772

DATE: _____ / _____ / _____

ARRIVAL TIME: _____

PLEASE FOLLOW THESE INSTRUCTIONS:

- ▶ **No food or drink after 12AM (midnight) the night before the test.** Plain water is okay to drink. You may bring a light snack with you to the test. Staff will inform you when that is okay to eat. Gum and mints are also fine to have.
- ▶ **Have no caffeine, decaffeinated, or chocolate products after 7pm the night prior to your test.** Juice, water, or Sprite will be fine to drink. Failure to follow these instructions could affect your test results.
- ▶ **If you are on a beta blocker medication and are walking on the treadmill please hold this medicine 24 hours prior to your test.** (Medication Examples: Metoprolol, Toprol, Coreg, Bisoprolol, etc.)
- ▶ Plan to be here at least 4 hours.
- ▶ Wear a comfortable two-piece outfit (i.e. pants/shorts and a shirt), and laced shoes.
- ▶ If for any reason you cannot keep your appointment, please call us 24 hours prior to your scheduled appointment time.

To Reschedule Please Call:

Centralized Scheduling: 865-374-6200

For Additional Questions Please Call:

Athens, Decatur, Oneida, and Parkwest Offices: 865-373-7100

Lenoir City Office: 865-988-9970