

Unless otherwise instructed by your physician, the following medications must be stopped one (1) or two (2) days before the test as indicated:

48 hours (2 days)

Blocadren (Timolol)

Coreg (Carvedilol)

Corgard (Nadolol)

Lopressor SR (Metoprolol SR)

Monitan (Acebutolol)

Monacor (Bisoprolol)

Rhotral / Sectral (Acebutolol)

Sotacor (Sotalol)

Tenormin (Atenolol)

Tiazac XC (Diltiazem)

Visken (Pindolol)

24 hours (1 day)

Adalat XL/PA (Nifedipine)

Cardizem CD/SR (Diltiazem)

Imdur / Ismo
(Isosorbide Mononitrate)

Inderal (Propranolol)

Isoptin (SR) (Verapamil)

Isordil (Isosorbide Dinitrate)

Lopressor (Metoprolol)

Nitroglycerine patches
Normodyne / Trandate
(Labetolol)

Norvasc (Amlodipine)

Plendil (Felodipine)

Tiazac (Diltiazem)

Toprol XL (Metoprolol)



Thallium Stress Test

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Tel: (403) 571-8640

Fax: (403) 571-8658

Internet: www.cardiologyconsultants.ca

Appt. Date: _____

Appt. Time: _____

NOTES:

If your English is limited please bring a translator to interpret.

Specific preparations are needed. Please read this pamphlet carefully and completely at least three (3) days before your test. **PLEASE BE ON TIME!**

This test **CANNOT** be done if you are pregnant or breast-feeding.

This test has two parts and will take 5-6 hours to complete. Please do not book any other appointments in that period.

Children are not allowed in the treadmill/nuclear lab. Please arrange for appropriate child care and supervision.

Cancellations: If you must cancel, please call 571-8640 at least two (2) business days before your test.

How do I prepare for a Thallium Stress Test?

Please note that we may NOT be able to perform your test if these requirements are not followed:

1. You **must NOT** have any caffeine or caffeine-containing substances (e.g. coffee, tea, chocolate, cola, Tylenol 1, 2, or 3, 222's, 292's, some cough or cold medicines), and decaffeinated drinks for **at least 36 hours** (~2days) before your test.
2. You **must NOT** eat or drink any liquids other than water after midnight and in the morning before your test. You may drink some water in the morning of your test. You may brush your teeth.
3. Please **do NOT** use body oil, lotion or powder on your chest the day of your test. You may wear deodorant.
4. **Wear** comfortable walking/running shoes and comfortable two-piece clothing (not a dress).
5. For women, please wear a bra that does not have under wires or front closures. You may also have your heart pictures taken without a bra.

Specific Instructions for Medications:

1. Unless specifically instructed by your physician, **do NOT** take any of the medications mentioned in this pamphlet for the required duration.

You may take all your other scheduled medications including Aspirin and Plavix.

2. **DIABETIC patients: Do NOT** take your diabetes medications (except insulin pump) on the morning of your test. If you have any concerns about this, please discuss it with your referring or family physician before your test. **You may continue insulin pump infusion.**
3. **ASTHMATIC patients:** You may continue to use your usual inhalers and/or puffers.
4. **Bring** all your medications and their names and doses with you.

What do you see with a Thallium Stress Test?

A Thallium Stress Test is used to look at the blood flow to your heart muscle at rest and during stress.

What happens during a Thallium Stress Test?

Upon arrival you will be requested to complete an information sheet and read a consent form. Once in the lab you will receive an explanation of the test and be able to have any questions or concerns addressed prior to giving an informed consent. An intravenous will be started and you will be prepped for the test so we can monitor your heart rate and blood pressure throughout the stress test. If your target heart rate cannot be reached by walking, or exercise duration is

insufficient, or if you have a medical history or electrocardiogram (ECG) that is contraindicative to the exercise treadmill you may receive a medication called Dipyridamole (Persantine). This will be at the discretion of the supervising physician(s) who will discuss their decision with you. Near the end of your stress, a small amount of radioactive material called Thallium will be injected into your IV line. You will then lie under a gamma camera for approximately 15-20 minutes while pictures of your heart are taken.

Once your morning pictures are completed you will be given detailed instructions and a return time for the afternoon images. Although you still **must NOT eat**, some medications and limited types of fluids may be taken as instructed.

Please feel free to leave the building during the waiting period.

Upon your return to the lab the second set of images will be taken which should take about 20 minutes to complete.

What is a Rest Thallium?

Sometimes the cardiologist may request a follow-up Rest Thallium Test. Our office will contact you if you need one. This is very common so **do NOT be alarmed.** The cardiologist simply wants to add more information to your original test results.

Discussion of test results

Please note that only your referring and/or family physician(s) can discuss your test results with you.