

## **THALLIUM STRESS TEST**

### **INFORMATION AND INSTRUCTIONS**

**THE RADIOISOTOPES REQUIRED FOR YOUR TEST HAVE TO BE SPECIALLY ORDERED FOR YOU. IF YOU NEED TO CHANGE/CANCEL YOUR APPOINTMENT, A MINIMUM OF 72 HOURS BEFORE SCHEDULED DAY OF APPOINTMENT IS REQUIRED. YOU WILL BE CHARGED \$150 IF LESS THAN A 72 HOUR NOTICE IS GIVEN (REGARDLESS OF REASON).**

Exam Time is approximately 3-4 hours

#### **INSTRUCTIONS**

- Please shower or bathe the day of the test. Do NOT apply lotion and/or powder to your chest.
- Wear comfortable clothing and shoes, shirt/blouse with buttons in front, sneakers or walking shoes. No metal buttons or snaps. Ladies – do NOT wear metal underwire bras.
- Nothing to eat/drink (should drink water) for at least **8** hours prior to your exam time.
- Do NOT drink coffee/tea or caffeinated beverages and no smoking for **24** hours prior to your exam time.
- Do NOT take any of the medications on the attached list for **24** hours before test.
- Please discontinue the use of Viagra or any other PDE5 Inhibitor (oral erectile dysfunction medicines) at least **72** hours prior to your exam time.
- Bring a water bottle to the test. You may bring a snack that you will have an opportunity to eat at some point during the test.
- **IF YOU ARE DIABETIC**, contact your physician for instructions regarding diet and medications before your scheduled test day.

#### **TESTING INFORMATION**

- The Technologist will explain the test, ask some questions, and have you sign a consent form.
- An intravenous (IV) line will be started in your arm. A radioactive isotope will be injected. Pictures of your heart will be taken. This will take approximately 30 minutes.
- You will be prepared for the next part of the test. Electrodes will be placed on your chest. You will then walk on the treadmill. During this time, your EKG and blood pressure are monitored closely. A second injection of radioactive material will be given. A second set of pictures will be taken.
- Following the stress portion of the test, you will be monitored closely (blood pressure and EKG) until your heart returns to its normal resting state.
- After 15-60 minutes, more pictures will be taken. These pictures take approximately 20-30 minutes. The test is then complete.

## **MEDICINES NOT BE TAKEN 24 HOURS BEFORE THALLIUM TEST**

### **Beta Blockers**

- Acebutelol – Sectral
- Atenolol – Tenormin, Tenoretic
- Betaxolol – Kerlone
- Bisoprolol – Ziac, Zebeta
- Careolol
- Labetalol – Normadyne, Trandate
- Metoprolol – Toprol, Lopressor
- Nadolol – Corgard
- Oxyprenolol
- Penbutolol – Levatol
- Pindolol
- Propranolol – Inderal, Inderide, Innopran
- Sotalol
- Timolol – Blocadren, Timolide
- Carvedilol – Coreg

### **Calcium Channel Blockers**

- Amlodipine – Caduet (Amlodipine+Atorvastatin), Norvasc, Lotrel (Benazapril+Amlodipine)
- Bepridil
- Diltiazem – Cardizem, Dilacor, Tiazac
- Felodipine – Plendil, Lexxel (Enalapril+Felodipine)
- Flunarizine
- Isradipine – Dynacirc
- Nicardipine – Cardene
- Nifedipine – Adalat, Procardia
- Nimodipine
- Verapamil – Calan, Covera, Isoptin, Verelan, Tarka (Transdozapril+Verapamil)
- Nisoldipine - Sular