



THALLIUM STRESS TEST INFORMATION AND INSTRUCTIONS

What Is A Nuclear Stress Test?

A nuclear stress test is a noninvasive tool used to detect the presence and/or significance of coronary artery disease. Coronary artery disease is a condition in which there is narrowing or blockage of the blood vessels that supply blood to the heart muscle. When the artery or arteries become clogged, the blood flow to the heart muscle is impaired and a heart attack can occur. A nuclear stress test can help your physician evaluate your risk by assessing blood flow and function of your heart.

How Is The Test Performed?

A THALLIUM nuclear stress test involves two parts, a STRESS study and a REST study. The STRESS study will require ECG leads to be placed on your chest. You will then either walk on a treadmill OR receive a chemical to induce stress if you are physically unable to walk. A small dose of a radioactive tracer will be injected through the IV in your arm during the exercise. This will allow a special gamma camera to obtain images of your after you have been stressed. After the exercise portion, there will be approximately a three hour break and then images will be taken again of your heart with the gamma camera.

How Long Does The Test Take?

The Thallium stress test can take a minimum of approximately 5 hours to complete.

How Safe Is The Test?

You will be monitored closely by a cardiologist and a registered, experienced nuclear medicine technologist during your test. The risk of the test is similar to what you could expect from any strenuous form of exercise and the radiation present in the radioactive tracer is very minimal.

What Type Of Preparation Is Required?

NOTHING to eat or drink on the morning of your exam. A small amount of water is acceptable if needed. NO CAFFEINE OR DECAFFEINATED BEVERAGES ARE ALLOWED.

DIABETIC PATIENTS SHOULD CONSULT WITH THEIR PHYSICIAN CONCERNING THEIR DIABETIC MEDICINE AND FASTING OR CALL THE NUCLEAR DEPT. WITH ANY CONCERNS. (Nuclear Dept. 843-820-3388)

Wear comfortable shoes and clothes to walk in. A cotton t-shirt is recommended (**DO NOT** wear shirts with metal buttons, shirts made of a silky material or shirts with any applique, beading or embellishments).

WOMEN: **DO NOT** wear any underwire bras, corsets, panty hose, full length slips or dresses.

Wear comfortable rubber sole walking shoes that will remain securely on your feet while walking.

DO NOT apply any powder, oils or lotions to your chest on the day of the exam.

DO NOT smoke of the morning of your test.

Children and family members are prohibited from accompanying the patients into the restricted radiation areas, so please make any prior arrangements accordingly.

How Do I Get My Results?

A nuclear cardiologist will study all images and ECGs, prepare a report and send the report to your primary care physician. This may take up to 48 hours. Your primary care physician will then discuss the results with you and what they mean for your health. IF your study is abnormal, the cardiologist will contact your physician promptly.

If you have any questions or concerns, need to cancel or reschedule your appointment, you may reach the Nuclear Stress Lab at (843) 820-3388 between the hours of 7:30am-3:00 pm.

If you are pregnant, suspect you may be, or are a nursing mother; please discuss this with your physician before this test!

MY APPOINTMENT DATE AND TIME IS: _____

Palmetto Primary Care Physicians
2550 Elms Center Rd. North Charleston, SC 29406 (843) 820-3388