



Kern Cardiology Medical Group

-Since 1978

(Sam) Sarabjit Singh, MD. FACC. FSCAI;

Instructions for Nuclear Scan Tests (Thallium Test)

This test is to take picture of how well blood supplies your heart muscle after exercise and at rest. We offer two different types of Nuclear Scan Tests, which are **Stress Thallium Test** and **Adenosine/ Lexiscan Thallium Test**. Patients who can walk on a treadmill will take Stress Thallium Test. Patients who cannot exercise on a treadmill will take Adenosine/Lexiscan Thallium Test. You'll lie on your back with your left arm raised above your head, supported by an armrest. The camera will rotate 180 degree around your chest. Though the camera is close to you, even individuals who experience claustrophobia are almost always able to complete this test. You will not be placed in a "tube" and the camera is "open." The entire Nuclear Scan Test usually takes between 2 and 3 hours. You may **bring a book** to read, as there are some waiting periods during the test. Please review the following information carefully to prepare for the test you are to take. Should you have any concerns, please feel free to contact us @ 661-327-0807.

Pre-Test Instructions

1. Patients should bring your meds & inhaler with you for test.
2. Patients should avoid eating and drinking **4 hours** prior to the test.
3. Patients should NOT take coffee, decaf coffee, tea, decaf tea, herbal tea, colas, caffeinated beverages, or chocolate in any form for **24 hours** prior to your appointment time.
4. Do not take *Excedrin, Anacin, Caffeine tablets, Nicotine, or other caffeine-containing medications* for **24 hours** prior to your appointment time.
5. Patients should **NOT** take any of the medications listed below **24 hours** prior to your test:

Calcium Channel Blockers	
<i>(Brand Names)</i> Calan, Verelan, Isoptin, Covera Cardizem SR/CD Dialcor XR Tiazac	<i>(Generic Names)</i> Verapamil Diltiazem, Cartia Diltiazem HCL Diltiazem
Beta Blockers Acebutolol Hydrochlorids, Atenolol, Betabloc (metoprolol), Blocadren, Blocardin, Catrol (carteolol), Coreg (carvedilol), Corgard, Corzide (nadolol), Inderal, Inderal XL, InnoPrann XL, Inderide, Inderide LA (propranolol), Kerlone (betaxlol), Levatol (penbutolol/ pinolol), Lopressor, Lopressor HCT, Monacor (bisoprolol), Monitan (acebutolol), Normodyne (labetolol), Propranolol, Rhotral, Sectral, Tenormin, Tenoric, Toprol, Toprol XL, Timolide (timolol), Transdate, Visken, Zebeta, and Ziac.	Diabetes Medications If you are a diabetic and take insulin/medication for diabetes, please do not take on the day of your test. Bring your insulin/medication along with you to take after or mid-testing. Nitro Patches If you wear a nitro patch, please notify us when we schedule your stress test.

6. Patients should **wear** a short sleeve, button down shirt that contains no metal buttons, or a loose-fitting T-shirt. Please do not wear an under-wire bra or necklace. A hospital gown can be provided. For Stress Thallium Test, you need to wear comfortable walking shoes because may be walking at a fast pace and up a small incline.
6. Pregnant women or nursing mothers should check with the doctors before engaging in either type of nuclear tests.

7. Patients with a History of Asthma should discuss the option with their physician before the day of the exam.

Risk Factor

Nuclear tests pose very little risk. The level of radiation you will be exposed to is less than that of a kidney x-ray. Any possible side effects are short-lived, and there are no lasting effects.

Possible Complications

Nuclear tests are safe; few complications are associated with them.

What to Expect

There are 3 parts to these tests: Taking IV = > exercising or adenosine injection => taking heart pictures => take 1-hour- break to have a big fatty brunch => return for more pictures.

Part I. An IV will be started in your arm. The technologist will inject a radioactive tracer through the IV. You will then wait 10-30 minutes before taking your first set of images. The images take about 17 minutes. You must be able to lie perfectly still for these pictures.

Part II. (Only for Stress Thallium Test)The technologist will then attach EKG electrodes to your chest in preparation for the stress test. You will exercise on a treadmill while the technologist monitors your blood pressure and cardiogram. Another tracer will be injected into the IV about 1 minute before you stop exercising. Time varies (3-15 minutes) in order for the patient to reach his or her maximum level of exercise or heart rate.

Part II. (Only for Adenosine Thallium Test) The technologist will then attach EKG electrodes to your chest in preparation for the Adenosine study. The technologist will inject a drug called Adenosine through your IV. This type of drug simulates the effects of exercise. Then the technologist will monitor your blood pressure and cardiogram.

Part III. The third part of the test involves taking another set of images (about 20 minutes). If Treadmill, there is no break. If Adenosine, there will be a 60 minutes break before the second set of images is taken.

Adenosine is a vasodilator, which is infused over 5 minutes. During the 5 minutes, you may have some side effects, such as: headaches, dizziness, lightheadedness, chest pressure, SOB, flushed feeling, metallic taste. But will return to normal once the medication is stopped.

How will I learn the results?

An appointment will be set up for Dr. Singh to review the test results with you. The report will also be sent to your primary doctor.

Post-test Guidelines

Patients are encouraged to drink plenty of fluids to flush out the radioactive tracer. You can resume normal activities immediately following the test.

The test is performed by our Nuclear Medicine Technologist, who is specially trained and certified to perform this test, with supervision of Dr. Singh. Should you have any questions, please feel free to contact our office at 661-327-0807 or visit our web @ <http://kerncardiology.com>