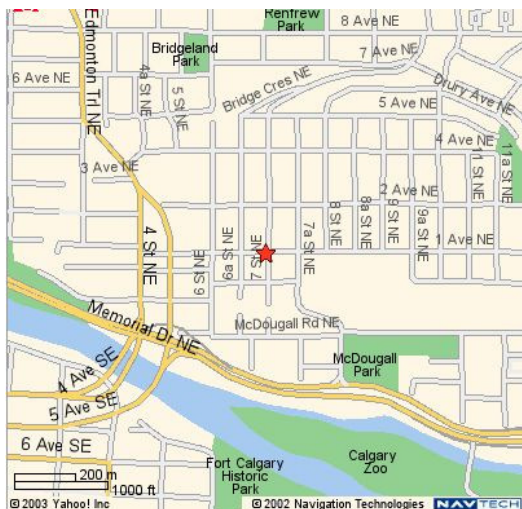


Privacy

The personal health information that you provide to our clinic is collected, used, and disclosed in accordance with the provisions of the Health Information Act. It is also used to provide diagnostic, treatment and care services to you and to bill your provincial health plan for services provided. For more information please contact 403-571-8640.

We are located at 201, 803 1st Avenue NE



- Our building is directly across the street from 7- Eleven.
- Parking is available behind the building or in designated zones on street.



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 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.

Cardiology Plus (Calgary) Inc.



306, 803 1st Avenue NE
Calgary, Alberta
T2E 7C5
Tel: 403-571-8640
Fax: 403-571-8658

www.cardiologyconsultants.ca

Thallium Stress Test Patient Information

This test requires preparation. Please read this pamphlet thoroughly at least 3 days before your appointment.

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

This test cannot be done if you are pregnant or breastfeeding.

This test takes 5-6 hours to complete.

Children are not allowed in the nuclear/treadmill lab and cannot be left unattended in the waiting room.

Appointment

Date: _____

Time: _____

Please call 403-571-8640 if you need to change your appointment.

Your test may need to be rescheduled if you do not follow the instructions below.

Thallium Stress Test **Preparation Instructions:**

48 HOURS (2 days) before test:

STOP all medications on the **48 Hour Medication List** unless otherwise instructed by your doctor.

36 HOURS (1.5 days) before test:

STOP all **CAFFEINE and DECAFFEINATED** products. (e.g. coffee; tea; chocolate; cola; Tylenol 1,2,or 3; 222's; 292's; some cough or cold medicines)

24 HOURS (1 day) before test:

STOP all medications on the **24 Hour Medication List** unless otherwise instructed by your doctor.

MIDNIGHT before test:

STOP EATING and DRINKING except for small amounts of water.

MORNING of test:

STOP **DIABETIC Medications** **EXCEPT** insulin pump infusions.

CONTINUE medications NOT listed on the **48/24 Hour Medication List** or the **Caffeine List**. E.g. Aspirin, Plavix, Asthma, Seizure, Parkinson medications.

BRING all your medications, including names and doses, with you.

DRESS in comfortable walking clothes and shoes. Avoid wearing bras with underwire.

Do Not wear body oils or powders. You may brush your teeth and apply deodorant.

Perfume, cologne, after-shave or heavily scented lotions should be used minimally or avoided as some individuals may be sensitive or have allergies to fragrances.

Please check your medications **VERY CAREFULLY**. Your medication may begin with "APO" or "NOVO" - if so you must **STILL** follow the instructions accordingly.

48 HOUR Medication List

Acebutolol
Atenolol
Blocadren
Bisoprolol
Carvedilol
Coreg
Corgard
Lopressor SR
Metoprolol SR
Monitan
Monacor
Nadolol
Pindolol
Rhotral
Sectral
Sotacor
Sotalol
Tenormin
Tiazac XC
Timolol
Viskin

24 HOUR Medication List

Adalat XL/ PA
Amlodipine
Cardizem CD/SR
Diltiazem
Felodipine
Imdur
Inderal
Ismo
Isoptin
Isordil SR
Isosorbide Dinitrate
Isosorbide Mononitrate
Labetolol
Lopressor
Metoprolol
Nifedipine
Nitroglycerine patches
Normodyne
Norvasc
Plendil
Propranolol
Tiazac
Toprol XL
Trandate
Verapamil