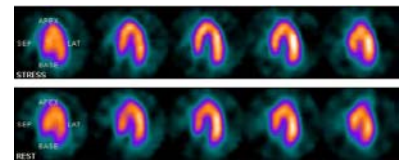
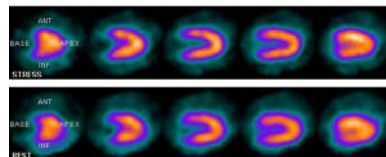
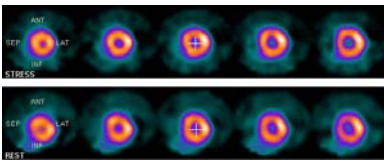




Instructions for patients undergoing

Stress Myocardial Perfusion Scan (Stress Thallium) **Treadmill Test / Pharmacological Scan / Rest Scan**



1. **What do you see with a Stress Myocardial Perfusion Scan?**

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

2. **What happens during a (Thallium Stress Test) Myocardial Perfusion Scan with SPECT?**

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 will have any questions or concerns addressed prior to giving an informed consent. An intravenous will be started and you will be prepared 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 of electrocardiogram (ECG) that is contraindicative to the exercise treadmill, you may receive a Pharmacological Stress (persantin/ Adenosine/ Dobutamine). This will be at the discretion of the supervising physician(s) who will discuss their decision with you. Near the end of your stress test, a small amount of radioactive material called Thallium or Technetium 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 first round of pictures is completed, the second part will commence after 1 hour and will last for approximately 2 hours. Although you still must not eat, some medications and limited types of fluids may be taken as instructed.

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

3. **What is a Rest Myocardial Perfusion Scan? (Rest thallium)**

Sometimes the doctor 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.

4. You **must not** have any caffeine or caffeine-containing substances (e.g. coffee, tea, chocolate, cola, Tylenols, some cough or cold medicines), and decaffeinated drinks on the day of the scan.
5. Have a light breakfast about 2 hours before the test (if possible, fasting for 4 hours is recommended – water is allowed)
6. You are permitted to have milk and a sandwich after the small I.V. injection.
7. 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.
8. Do not take any medications including those for diabetes on the morning of your test. Also, some specific medications must be stopped for the required duration specified in this pamphlet, unless specifically instructed by your physician.
9. Bring all your medications indicating their names and dosages with you.
10. Diabetic patients: If you have concerns about your diabetes medications, please discuss this with your family physician or your referring physician before your test. You may continue insulin pump infusion.
11. Asthmatic patients: You may continue to use your usual inhalers and / or puffers.

For an appointment contact

Mr. S. Raj Kumar

Mobile: 9944169209

Hospital: 42017575, Ext: 607

4th Floor, Department of Nuclear Cardiology

FRONTIER LIFELINE

&

DR. K. M. CHERIAN HEART FOUNDATION

R-30-C, AMBATTUR INDUSTRIAL ESTATE ROAD, MOGAPPAIR, CHENNAI – 600 101

TEL: + 91 44 26567200, 42017575 FAX: +91 44 2656 5150

Email: drkmc@frontierlifeline.com Website: www.frontierlifeline.com