

Your Thallium Cardiac Stress Test and Scans in Nuclear Medicine Information for Patients

PLEASE READ THIS LEAFLET CAREFULLY AT LEAST A DAY BEFORE YOUR APPOINTMENT. IT CONTAINS IMPORTANT INFORMATION ABOUT YOUR TEST

What is the test for?

The test is to look at the blood supply to your heart. The test is in two parts which means that you will have to come to the department twice on the same day.

YOU MUST FOLLOW THE IMPORTANT INSTRUCTIONS BELOW OR WE MAY HAVE TO CANCEL YOUR TEST

From **9 o'clock in the morning** on _____ (day)
_____ (date)
(i.e. the day before your test)

- Please drink **ONLY water or fruit juice** (caffeine in tea, coffee and many soft drinks stops the test working. This includes decaffeinated drinks as they contain traces of caffeine).
- Eat normally but **DO NOT eat chocolate.**
- Do not take any cold remedies or painkillers bought from your local shop or chemist without checking with us.



**NO
CAFFEINE!**

Can I take my medicines as usual?

You **MUST** take any medicines you may have been prescribed **EXCEPT** for, DIPYRIDAMOLE, PERSANTIN, ASASANTIN. Please phone the department if you are taking any of these.

Do I need to bring anything with me?

- Please bring a list of your medicines with you.
- As the test will take several hours, please bring food with you if you wish.

How long will I be at the Hospital?

Please allow 2 hours for the first part and 1 hour for the second. There is a gap of 3 - 4 hours between the 2 parts. You are free to leave the hospital during this time.

Is there anything I should tell the staff before coming for the test?

- If you weigh over 23 st 8 lb (150 kg) please inform the department as soon as possible.
- Please tell us if you have any problems with your left shoulder which would prevent you from raising your arm above your head.
- Women between the ages of 12 and 55 will be asked to sign a form on the day of their test to confirm they are not pregnant. If there is any doubt, we are legally obliged to perform a pregnancy test before proceeding. If you may be pregnant or are breast-feeding please tell us before you come, as we may not be able to do your test.
- Please tell us if you suffer from incontinence (bladder weakness).
- Please tell us if you planning to travel abroad within one month of your scan.

THE FIRST PART

The first part of the test will look at how your heart works under stress. This involves a stress test followed by a scan with the special camera.

During the stress test, which takes about 30 minutes, we will monitor your heart rate (ECG) and blood pressure and set up a drip in your arm or hand. We will give you a drug which will increase the blood flow to your heart for a few minutes - it might make you feel warm but this effect wears off very quickly. We will also give you a small, radioactive injection, which will make your heart show up on our camera (these are both given through the same drip).

We will scan you as soon as we finish the stress test. This scan takes about 30 minutes and you must lie very still.

You will need to remove your upper clothing for the stress test but you can wear a shirt/blouse for the scan.

THE SECOND PART

The second part involves another scan to look at your heart at rest. This scan will be the same as the one for the first part of the test but we will not need to give you another injection.

While in the department, please use our special departmental patient toilet. Please ask for the door code.

Is it safe?

Yes. The amount of radiation is carefully monitored. It leaves your body very quickly and it does not make you feel sick or sleepy.

What can I do after the scan?

You can go home or to work.

What happens to the results?

We will send a report to the doctor who asked for the scan. They will arrange your follow up.

Further information online

For further information online about Nuclear Medicine please go the "Patient Information" pages of the British Nuclear Medicine Society at www.bnms.org.uk. For general information about Plymouth Hospitals NHS Trust go to www.plymouthhospitals.nhs.uk.