



**Thallium Myocardial Ischemia Assessment: Patient Instructions**  
 (Stress-Rest TL 201 Test)

Name \_\_\_\_\_

Test Date \_\_\_\_\_

Physician \_\_\_\_\_

Appt. Time \_\_\_\_\_

Please report to Grand River Cardiology at 1000 East Paris, SE, Suite 200 at the appointment time written above.

**DO NOT EAT, DRINK, OR SMOKE FOUR (4) HOURS PRIOR TO YOUR TEST. DO NOT EAT DRINK OR SMOKE FOUR (4) HOURS PRIOR TO YOUR TEST.** Refrain from all foods, beverages and medications that contain caffeine for 24 hours prior to your test. Some common products that contain caffeine include:

- |                                 |                                 |
|---------------------------------|---------------------------------|
| a. Chocolate                    | e. Iced tea                     |
| b. Soda                         | f. Hot chocolate                |
| c. Decaffeinated coffee and tea | g. Some cold relief medications |
| d. Caffeinated coffee and tea   |                                 |

If you are a Diabetic and take insulin or insulin or a medication to control your blood sugar, please call 616-949-8554 for special instructions.

The test is done in two parts. The first part takes approximately one hour. Next there will be a four-hour break. During this break you may leave the office. The second part may take between 30-90 minutes, depending on the doctor's orders. Occasionally the third part to the test is requested at which time the patient will be asked to return 24 hours later for a delayed set of images.

**Continue taking all medications unless instructed otherwise by the Grand River Cardiology Staff.**

Please bring a current list of medications with you to your appointment including milligrams (mg) and frequency.

It may become necessary to reschedule your test should delays occur due to patient tardiness or unforeseen circumstances in the office.

Please wear comfortable clothing and avoid wearing clothing with metal (shirts and blouses.)

After registering, an IV will be inserted into the vein of your hand or arm. Next you will be connected to an EKG machine. The stress test will consist of you walking on a treadmill in order to raise your heart rate. In certain cases, the doctor may order a medicine to be given to stress you heart, instead of walking on the treadmill. This medication simulates exercise. Regardless of the type of stress test you have, an injection of radioisotope called Thallium will be given to you through you IV. Ten minutes after the stress portion is finished, a set of images will be taken of your heart. The IV will then be removed. The technologist will inform you of a time to return for the second part of your test, which is approximately four hours later. You may eat a light meal with minimal fluids before returning. Upon returning, you may or may not receive a second injection of Thallium. You have at least one set of delayed images performed, possibly a second. At this time, it may or may not be requested for you to return the following day for a 24 hour delayed scan, depending on the physician's orders.