

Danbury Hospital Patient Education Sheet**What is an Lexiscan Stress test with Thallium?****Why is an Exercise Stress test with Thallium ordered?**

A stress test is performed to evaluate the blood supply and function of the heart. It is useful in detecting how adequate the blood supply is to the heart muscle. This is done both at rest and with exercise. This test might be ordered if you have been experiencing symptoms such as chest pain, difficulty breathing, fatigue and/or palpitations. It is frequently ordered following a heart attack, angioplasty or open heart surgery to assess your heart's recovery. It is often ordered prior to starting cardiac rehabilitation. Your doctor has ordered a Lexiscan Stress Test for you if you are limited or unable in your ability walk and run on a treadmill.

How long will this test take?

The Lexiscan Thallium stress test is a 2 part test. For the first part of the test, which is the stress portion you should plan on being in the testing area for approximately one hour and fifteen minutes. Part two is three to four hours after the stress portion is completed. You will return to the testing area for the resting images, these final images should take approximately thirty minutes.

Prior to the test-What do I need to do?

Do not eat, drink, or smoke for at least six hours before your test. Caffeine should be avoided for twenty-four hours prior to the test. Take all of your regular medications before the test unless directed otherwise by your doctor. If you are taking the drug Aggrenox, or Persantine, you must speak to you doctor before performing this test. If you are a

severe asthmatic or have severe COPD, you must speak to your doctor for an alternate test.

Medications Containing Caffeine:

- Cafergot (all forms)
- Darvon compounds
- Wigraine (all forms)
- Synalgos-DC
- Fiorinal
- No Doz
- Excedrin
- Anacin

Bring a current list of all your medications with you. Wear comfortable well-fitting shoes; sneakers are recommended. Clothing should be loose fitting and comfortable. It is recommended that women should wear a bra.

If you are a diabetic test your blood sugar before you arrive at the testing area. Diabetics should have a very light meal three hours before the test, as stress testing will tend to lower your blood sugar. You are encouraged to bring your blood sugar meter with you.

Day of the test-What can I expect?

- After you have arrived and registered for your test, a Cardiology Technologist will conduct a brief medical history, including the medications you are presently taking.
- Then an intravenous (IV) will be inserted into your hand or arm, and you will be escorted to the stress testing room.
- The Cardiology Technologist will place 12 sticky tabs to your chest for the

electrocardiogram, and place the blood pressure cuff to your arm.

- If you are able, you will be assisted to the treadmill for the walking portion of the test. The speed of the treadmill will be what you are able to tolerate with no incline, you will walk for four minutes. It is important that you report symptoms of chest discomfort, difficulty breathing, dizziness, weakness and/or fatigue.
- Lexiscan is a medication that will simulate exercise, that will be given through your IV. It will open the arteries around your heart and deliver additional blood to the area, similar to what exercise would do.
- Thallium is a radioactive tracer that will be injected through the IV when your heart is being “stressed”.
- Once the treadmill has come to a complete stop, you will recover briefly, the blood pressure cuff, EKG monitor and IV will be removed.
- You will be escorted to the nuclear camera for your “stress” pictures. You will lie under the camera for approximately 15 minutes with your arms above your head, and remain motionless. If you are unable to perform this task make the technologist aware so accommodations may be made.
- Once the stress pictures are completed you will be given a time to return to the testing area for your “resting” pictures, this is approximately 2-4 hours after your stress Thallium injection. While you are gone you may eat and drink as normal.
- When you return to the testing area, and after the resting pictures are obtained the test will be complete. The Cardiologist will compare the resting pictures to the stress pictures and generate a final report.

How will I get the results of the test?

At no time can a technologist or registered nurse discuss results of the test. The test will be interpreted by a cardiologist, who will then send the results to the physician who ordered the test for you. These results are normally available within five working days. Results will not be available to you the day of the test.

Directions to your appointment

****There are three locations, make sure you know which location your appointment is for.***

Danbury Hospital Medical Arts Center- Located at 111 Osborne Street, park in any available parking or in the Gold parking garage. Enter the main lobby on the first floor for registration, and then proceed to the third floor.

If you have further questions please call **(203) 739-4999**.

Southbury Cardiovascular Center- Located at, 22 Old Waterbury Road, Southbury, CT., upon arrival please register with Cardiology Reception, in Suite 107.

If you have any further questions, please call **(203) 262-4234**.

Danbury Hospital- Located at 24 Hospital Ave., Danbury, CT. Follow directions to the BLUE parking lot and park in the Purple Section. Enter the main lobby on the fifth floor; at the information desk ask for directions to Cardiology Stress Testing.

If you have further questions please call **(203) 739-4999**.

Additional information can also be found at our website; www.danburyhospital.org.

For more information, or to learn about the specialized services and programs available at Danbury Hospital, please visit www.DanburyHospital.org