

# Thallium Stress Test

## ***Patient Information:***

**Name:** John Doe

**Date of Birth:** 05/15/1975

**Medical History:** Previous heart attack in 2018, occasional chest discomfort.

## **Medication Review:**

- Aspirin 81 mg daily
- Metoprolol 25 mg twice daily
- No medications containing caffeine.

**Allergies:** None reported.

## ***Procedure Guidelines:***

### **Fasting Instructions:**

- **For Treadmill Exercise:**  
No food or drink (except water) for at least 4 hours before the test.
- **For Pharmacological Stress:** Follow specific fasting instructions provided.

**Clothing:** Wearing comfortable workout attire and sneakers.

**Hydration:** Allowed a few sips of water before the test.

### **Stress Test Method:**

- **Treadmill Exercise:**  
Patient successfully completed the exercise, reaching target heart rate without any discomfort.
- **Pharmacological Stress:**  
Adenosine administered due to breathing problems. Patient tolerated the medication well.

**Intravenous Line:** Established an intravenous line for thallium imaging.

**Post-Test Monitoring:** Patient monitored for 30 minutes, with no adverse reactions reported.

## **Results and Interpretation:**

### **Normal Results:**

- Uniform distribution of radioactive material during rest and stress phases.
- Consistent blood flow, indicating healthy coronary arteries and myocardial perfusion.
- Reassuring assessment of heart function with no signs of coronary blockages.

### **Abnormal Results:**

- Lower radioactive material uptake in the anterior wall during stress, suggesting a potential blockage.
- Further diagnostic procedures such as spect nuclear cardiology recommended to confirm findings.
- Results to be discussed with the patient to determine the best course of action, which may involve additional testing or adjustments to the treatment plan.