

**Interventional Cardiology Medical Group, Inc.**

**DOBUTAMINE/THALLIUM-CARDIOLITE TEST  
PATIENT INSTRUCTIONS**

Dobutamine is a medication that is administered to simulate exercise. Dobutamine makes the heart beat stronger, increasing the heart rate and blood pressure. Thallium and Cardiolute are radioisotopes that when injected into a vein in the arm, travels to the heart muscle. Pictures are taken of the blood flow in the heart muscle with a special nuclear imaging camera. This test is designed to determine if there is any problem with the blood flow through the coronary arteries that supply the heart with blood.

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**PROCEDURE**

An intravenous (IV) catheter will be placed in your arm in order to administer the injection of Thallium. There are no side effects from this injection. The risk of radiation is small, approximately 2 to 3 chest x-rays. A resting scan will be done while lying flat, with your arms above your head. Pictures of your heart will be taken at different angles. These pictures will take 10 to 15 minutes to obtain. Dobutamine will be administered into the IV over a 15-minute period in gradually increasing dosages. The Cardiolute injection will be administered at the maximum dosage of the Dobutamine infusion. Your blood pressure, heart rate and rhythm are monitored during the Dobutamine administration. After the completion of the Dobutamine, more pictures of your heart will be taken to compare with the first set of pictures. During the Dobutamine administration, you may experience symptoms much like heavy exercising, flushing, heavy breathing, or light-headedness. These sensations are only temporary and will disappear after the administration.

**PATIENT INSTRUCTIONS**

- **Please report to Outpatient Admitting at** \_\_\_\_\_.
- **Do not eat or drink anything after midnight** the night before the exam.
- Do not ingest any stimulants for 24 hours BEFORE the test. This includes coffee, tea, and cola drinks.
- If you are diabetic, you may eat a *light* breakfast and/or lunch.
- Wear loose fitting, comfortable clothing.
- Do not wear necklaces or clothing with metal on it (metal buttons, sequins, brooches, etc.).
- If you have asthma presently or previously, bring your inhaler(s) with you.
- Bring a list of your medications with you.
- Take your usual morning medications on the day of your test unless directed by your physician:

**LENGTH OF TEST**

The test will take approximately 3 hours.

**QUESTIONS**

If you need to cancel, reschedule, or have any questions about this exam, please call the office at: 818-702-8800.

**PLEASE GIVE OUR OFFICE 24 HOUR NOTICE TO CANCEL YOUR TEST OR THERE WILL BE A \$350 SURCHARGE**