



Hollywood Heart Center

4000 Sheridan Street, Suite A

Hollywood, FL 33021

Tel#: 954-987-4230

Fax#: 954-987-4204

Adenosine Stress Thallium Test (ASTL)

The purpose of this test is to assist in the detection of Coronary Artery Disease in those individuals who have risk factors for heart disease.

Pre-test Preparation:

1. **Do not** eat or drink anything after midnight the evening prior to your test;
The exception is water.
IF your test is scheduled after 12:00 noon, you can have a light breakfast on or before _____. A light breakfast includes eggs, toast, oatmeal or cereal and water, juice, or milk.
2. **Do not smoke**, use oral tobacco or nicotine patches/gum 12 hours prior to your test.
3. **Do not drink** any caffeine **OR** decaffeinated products 24 hours prior to your test.
4. Wear loose fitting, comfortable clothes and good walking shoes.
5. **Do not take any medications the morning of your test unless otherwise instructed by your physician.**
6. **Do** bring your morning medications with you the day of the test. There will be a break period during the test in which you will be able to take them. If you have any questions regarding your medications, please consult your physician.
7. **Do not** wear perfume or cologne.

Description of the test:

The test takes approximately 3 ½ to 4 hours. A small IV catheter will be inserted into the vein followed by an injection of a radiotracer. After adequate circulation time, you will be scanned for 15 minutes. You will then will be connected to an EKG monitor and exercised. When you reached a target maximum heart rate, a second radiotracer will be injected and you will be given a break to eat and take your medications. Following your break you will be scanned again for 15 minutes. This completes your test and you may resume your routine daily activities without any restriction.

Test Date: _____ Arrival Time: _____ Scheduler: _____
