Thallium Exercise Test
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Doctor: ________________________________

When is my appointment?
Date: ________________________________
Time: ________________________________
Plan to be at the hospital 15 minutes before your appointment to register.

If you are unable to attend your appointment, please leave a message at 902-473-1595 so another patient can be booked in your time slot.

Where do I go?
Go to the Nuclear Medicine Department on the 3rd floor of the Halifax Infirmary, 1796 Summer Street.

How long does the test take?
The test takes about 5-6 hours. There are waiting periods between different parts of the test.
Getting ready for the test

• It is important to tell us if you:
  › May be pregnant.
  › Are breastfeeding.
  › Have had a recent nuclear medicine study.

• Do not have any caffeine (such as tea, coffee, chocolate, or cola soft drinks) or decaf drinks for 24 hours before the test. Water, milk, and juice are fine, but don’t drink any tea or coffee even if it has had the caffeine taken out.

• Bring your medications or a list of your medications to the hospital with you.

• Your medications should be taken unless your doctor gives you other instructions.

• What to wear and bring:
  › Wear warm comfortable clothing without buttons or zippers.
  › Wear footwear that is easy to get on and off and that will be comfortable on the treadmill.
  › Leave all jewelry that you can at home.
  › Empty your pockets.
  › Bring a warm sweater without buttons or zippers in case it is cold.
How is the test done?

Go to the main registration desk for Diagnostic Imaging, 3rd floor, Summer Street entrance. After registration, you will go to Nuclear Medicine just down the hall.

- A technologist will explain the test to you and set up an intravenous (IV) in the vein of your arm.

Your next stop is the Cardiac Services Department, 3rd floor, just down the hall from Nuclear Medicine.

- You will be asked to sign a consent form.
- Electrodes that are similar to those used for an ECG (electrocardiogram) will be placed on your chest. A cable is used to connect the electrodes to the monitor. This enables us to watch your heart’s rhythm during the test.
- A technologist and doctor will be with you as you walk on the treadmill. The doctor will determine the speed and incline of the treadmill.
- Your blood pressure will be checked before, during, and after the test.
- A radioactive isotope called thallium will be injected into the IV during exercise. The amount of radiation is very small and will not harm you.
Immediately after the thallium injection, you will be taken to the Nuclear Medicine Department, just down the hall.

- A special camera is used to take pictures of your heart. This takes about 30 minutes. About 3 hours later, you will have another injection of thallium and more pictures will be taken. This will take about 30 minutes.

Tell the doctor if you feel:

› Chest discomfort, jaw and/or arm pain
› Sick to your stomach
› Dizzy
› Short of breath

When will I get the test results?
Your doctor will have the test results in a few days. This will be discussed with you.
Please feel free to ask any questions or raise any concerns you may have with your doctor or technologist. We are here to help you.

Notes:

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Please do not use perfumed products. Thank you!

Nova Scotia Health Authority
www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.