

*Please inform a staff member if you:*

- **Are pregnant or a nursing mother**
- Are claustrophobic
- Require the results sent by a specific time or method to your doctor

### *Additional Information*

Remember to remain still while your heart is being imaged, as movement may blur the images.

The amount of radiation you will receive during the test is similar to many types of x-rays and CT scans.

Exercise stress testing is usually performed on people with known or suspected heart disease. While every effort is made to minimise the risks of the procedure, there is a small but definite risk of complications.

Trained personnel and emergency equipment are available to deal with any situation.

The radioactive tracer you are given remains in your body for a short time and is cleared through normal bodily functions.

**There will be no restrictions to your daily routine after the test.**

**Be sure to resume taking any medication you may have ceased for the test.**

Please Recycle



If you no longer require this pamphlet please return it to the pamphlet holder or place it in a recycle bin. Thank-you.

*Please contact us if you are unable to attend the test or if you have any queries*

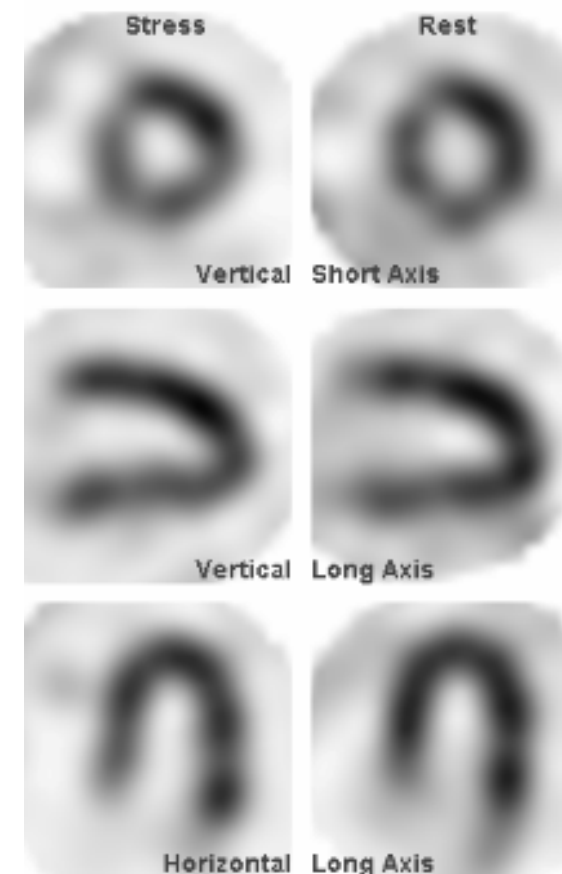
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 Nuclear  
TheAlfred Medicine



THALLIUM  
CARDIAC SCAN

Patient Information

# THALLIUM CARDIAC SCAN

A Nuclear Medicine Thallium Cardiac Scan is used to investigate the blood supply to your heart muscle during stress and at rest.

A radioactive tracer called thallium which emits gamma radiation and localises in the heart muscle is administered.

The distribution of thallium in the heart muscle is proportional to the blood supply the muscle receives.

A Gamma Camera is used to image the distribution of the thallium in the heart.

## *Patient Preparation*

- **You may need to stop taking certain cardiac medications for up to 48 hours prior to the test.** These are listed on the letter you should have received. If unsure about what to do, please contact our department.
- **Do not consume caffeine-containing products for 24 hours prior to the test** (coffee, tea, cola, etc or chocolate).
- Wear or bring clothing and shoes suitable for riding an exercise bicycle.
- You may have a light breakfast on the morning of the test (eg. toast and juice).
- Bring any letters from your doctor, a list of the medications you are taking, and any previous x-rays or nuclear medicine scans.

## *Test Duration*

- **1 ½ hours for PART 1**
- **45 minutes for PART 2**

## *How will we contact you about your Thallium Cardiac scan?*

You should receive a confirmation letter, or be contacted via telephone, outlining the preparation for the test.

## *What does a Thallium Cardiac Scan involve?*

### **PART 1 - Stress test Imaging**

You will be asked to change into suitable clothing. ECG leads will be placed on your chest and your heart monitored with an ECG machine.

A small plastic cannula will be inserted into a vein in your arm allowing for later administration of the radioactive tracer (thallium).

You will be exercised on a stationary bicycle until a predetermined heart rate is achieved, usually within 5—10 minutes. The thallium is then administered.

Alternatively, if you are unable to exercise, your heart may be stressed using a medicine.

The heart is then imaged for about 15 minutes using a Gamma Camera.

This first part of the test takes around 1 ½ hours.

### **PART 2 – Imaging at Rest**

Rest imaging is performed about 4 hours after the stress test. You will be given a second injection of thallium, and imaging of the heart will be repeated.

Rest imaging is not always required. You will be notified at the end of the stress test imaging if you require rest imaging and at what time.

The second part of the test takes around 45 minutes.

### **PART 3**

A Nuclear Medicine Specialist will interpret the scans and send a report to your referring doctor that same day.

## *What does a Thallium Cardiac Scan investigate?*

Some of the more common indications are:

- Chest pain of unknown cause
- Chest pain after heart attack
- Chest pain after coronary artery surgery
- Inconclusive exercise ECG test
- Myocardial ischaemia (reduced blood flow to a part of the heart muscle)
- Pre-operative assessment of “high cardiac risk” patients
- Inconclusive coronary angiogram