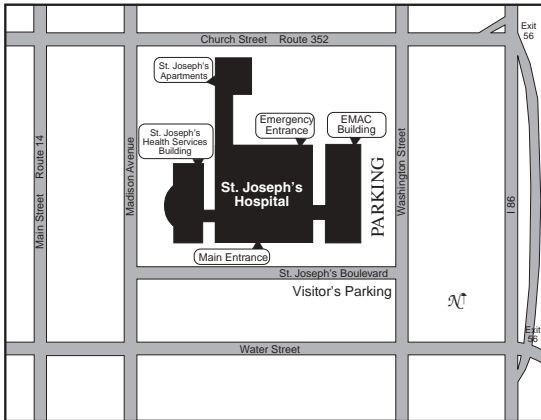


Directions and Map

St. Joseph's is conveniently located in Elmira, NY just off the Southern Tier Expressway (NY Route 17).

From Route 17: Take the Elmira exit (Exit 56). Continue straight on Church Street for three blocks to Washington Street. Turn left onto Washington Street for one block. Then turn right on St. Joseph's Boulevard and proceed to the Visitors Parking Lot.



555 St. Joseph's Boulevard
Elmira, New York 14901
www.stjosephs.org

Department of Medical Imaging
(607) 737-7813

Thallium Stress Exercise Test

Department
of
Medical Imaging



555 St. Joseph's Boulevard • Elmira, NY 14901

Patient's Name: _____

Date of Scheduled Appointment: _____

Time of Scheduled Appointment: _____

Thallium Stress Exercise Test

Please report to the outpatient desk fifteen minutes prior to your scheduled test.

This test will be done to provide more information about your heart.

Before the test, a routine electrocardiogram (EKG) will be recorded. The test will then be described to you and you will have a chance to ask any questions you wish. An I.V. will be placed in your arm. Then you will walk on a treadmill (a continuously moving track). The speed of the treadmill and its steepness will be slowly increased. While you are walking on the treadmill, your heart rate, heart rhythm, and electrocardiogram will be watched by a doctor and technicians. Your blood pressure will also be checked.

If, during the test, you should have chest pain, difficulty breathing, weakness, or feel uncomfortable in any way, you should tell the doctor and the test may be stopped.

In order to scan your heart, an isotope called Thallium will be injected in the I.V. while you are on the treadmill. Upon completion of the exercise, you will be taken to the Nuclear Medicine Department and

scanned for twenty minutes. When the scan is complete, you may leave the hospital, but must return three (3) hours later at which time you will be given another injection of Thallium and scanned again for fifteen minutes. The second set of pictures are resting images and do not require you to exercise again.

Instructions:

- ✓ **Allow five hours for the total test.**
- ✓ **Fast four-six hours prior to the test and until completion of both parts of the test.**
- ✓ **Take your medication unless otherwise advised by your physician.**
- ✓ **Wear proper clothing:**
 1. **Sneakers or rubber-sole oxfords; no slippers, boots, or high heels.**
 2. **Comfortable slacks; shorts may be worn.**
 3. **If you have any questions concerning the above, feel free to call your doctor or the Nuclear Medicine Department.**