

什麼是運動同位素(鉈)的檢查?

What is an exercise Thallium test?

關於此份文件，你若有任何的疑問或是任何不明瞭的部分，或是需要一位口譯員，請詢問你的醫生或其他的健康提供者。

If you have any questions about this document or do not understand any portion of it, or need an interpreter, ask your physician or other health provider.

運動同位素(鉈)檢查是合併使用放射線物質鉈所做的運動檢查。

- An exercise Thallium test combines an exercise test with a radioactive substance known as Thallium.

在運動部分的檢查是讓醫師瞭解你的心臟在工作負荷時的功能狀態。

- The exercise part of the test allows the doctor to see how well your heart functions when it is made to work harder.

此同位素(鉈)掃描是有助於冠狀動脈血栓症的診斷（此病症是在心臟部位無法獲得足夠的血液）。

- The Thallium scan is useful in diagnosing coronary artery disease (a disease in which areas of the heart do not receive enough blood).

你會預期什麼？

What can you expect?

當你抵達檢查區時，你會被詢問關於你的醫療病史。

- When you arrive in the testing area you will be asked questions about your medical history.

你會給予醫院的長上衣穿。

- You will be given a hospital gown to wear.

爲了監測你的心臟，電極和心電圖的電線會被放置於你的胸部。

- Electrodes and EKG wires will be placed on your chest to monitor your heart.

血壓計的壓脈帶會放置於你的手臂上。

- A blood pressure cuff will be put on your arm.

一條小的導管(針)會放置於你的手臂上。

- A small catheter (needle) will be put on your arm.

醫技人員會示範如何踩運動心電圖的踏板和使用扶手杆。

- The technician will demonstrate how to step on the treadmill and use the handrails.

你會運動直到你變得太疲勞而不能在繼續走爲止。在這時候，x 光師會在你的手臂上注射同位素(鉈)於靜脈中。然後，你會走約 1 分鐘左右。

- You will exercise until you become too tired to walk any further. At that time, the x-ray technician will inject the Thallium into the IV in your arm. You will then walk for one more minute.

最後一分鐘的步行之後，你要去 x 光部門作你的心臟的兩張中的第一張掃描。當你平躺在台上時，照相機照你心臟的影像。這部份的檢查約需花費 30 分鐘。第一組掃描後約 3-4 小時內，你需要再回來作第二組的 x 光。X 光師會告知你何時你需再回來。

- After the last minute of walking, you will be taken to the x-ray department for the 1st of 2 scans (x-rays) of your heart. A camera will take pictures of your heart while you lie flat on the table. This part of the test will take 30 minutes. You will need to come back for the 2nd set of x-rays in about 3-4 hours after the 1st set. The x-ray technician will give you the time you need to come back.

檢查結果

Results of the test

心臟病專家會檢閱從檢查獲得的資料。

- The cardiologist will review the information obtained from the test.

心臟病專家或你的主治醫師會和你談檢查結果。

- The cardiologist or your primary care doctor will talk to you about the test results.

你若有任何問題，請打電話給在醫院內的心臟科部門或是你的主治醫師。

- If you have questions, please call the Cardiology department in the hospital or your primary care physician.

特別的指示

Special instructions

除飲水以外，在檢查的前 4 小時，請勿吃或喝任何東西。你若有糖尿病，你可吃土司和果汁。

- Do not eat or drink anything 4 hours prior to the test except water. If you are diabetic, you may have toast and juice.

你目前若在服用藥物，請和你的醫師查詢關於你是否該在檢查前使用全部或是某部分的藥物。

- If you are currently taking medication, check with your doctor about whether you should take all or some of the medications before test.

請攜帶你的用藥目錄。

- Please bring a list of your medication with you.

請穿寬鬆舒適的衣服和鞋子。

- Wear loose, comfortable clothing and walking shoes.