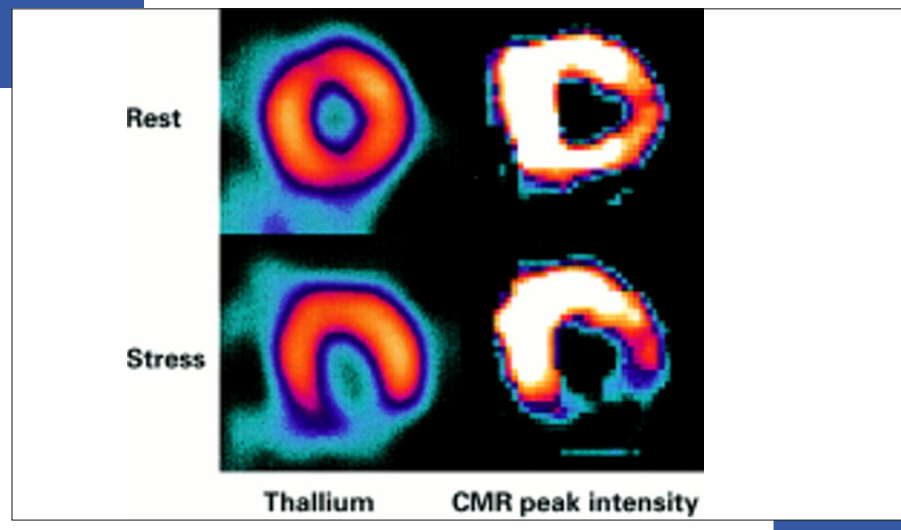




## Understanding Rest Thallium

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### What is Rest Thallium?

Rest Thallium, also known as Resting Myocardial Perfusion Imaging (MPI), involves the use of the radioactive isotope thallium to determine the amount of blood flow in the heart. It consists of radioactive thallium, which are administered into the body via IV injection. The thallium trace is imaged using a gamma camera, which reveals the areas of reduced blood flow and the condition of the myocardium.

### Why is it Performed?

Rest Thallium is performed to determine blood flow to the heart muscle and whether there are abnormal or low blood flow areas. It is recommended as part of the assessment of suspected or known coronary artery disease, past heart damage, or other disease. The results help physicians to assess the viability of the heart muscle and its blood flow.

### Preparation

- Inform the medical team about your heart condition, medicines, allergies, and other medical conditions.
- Inform the team if you are pregnant or breastfeeding.
- Bring previous cardiac reports, ECGs, scans, and treatment records.
- Wear comfortable clothing in the scan.

### Procedure

A small dose of radioactive thallium (tracer) is injected into the bloodstream. The tracer is distributed in the blood and enters the heart muscle. During this period, the patient is placed comfortably on a scanning table that is used for imaging, and a gamma camera takes images of the heart. The distribution of the tracer is captured by the camera in various parts of the heart, and the patient is required to avoid movement and follow instructions to obtain images.

### Important Instructions

- Take medicines only as directed by your doctor.
- Inform the team about any recent cardiac procedure or treatment.
- Remain still and relaxed during imaging.
- Maintain hydration as advised.
- Inform staff if you feel uncomfortable during the examination.
- Bring previous cardiac reports and relevant medical records.

### Safety Precautions

Thallium is used in a controlled dose of a radioisotope in a trained and controlled medical environment. The nuclear medicine team adheres to established radiation-safety procedures to minimise unnecessary radiation exposure to acquire good diagnostic images. Patients' medical staff review medical history before the exam, including allergies, medication usage, health history, and pregnancy history.

### When to Seek Medical Attention?

If the patient experiences severe chest pain, significant breathing difficulty, fainting, severe weakness, or other sudden concerning symptoms before, during, or after the examination, inform the medical team promptly or seek emergency medical care as appropriate. Follow doctor's advice regarding further cardiac evaluation and treatment. At Molecular Diagnostics and Therapy, Rest Thallium (Resting Myocardial Perfusion Imaging – MPI) is performed under trained specialist supervision with appropriate nuclear medicine protocols, with attention to accurate cardiac imaging, patient safety, and comfort.