

## Nuclear Medicine

### Your Bone Scan

Your doctor would like you to have a Nuclear Medicine Bone scan and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have.

#### **WHAT IS A BONE SCAN?**

A bone scan is a way of taking pictures of any disease in your bones. A small amount of radioactivity is used to take these pictures. The pictures will help your doctor understand your illness.

#### **IS THE SCAN SAFE?**

Yes. We will make sure that the amount of radiation you receive is as small as possible. The radioactivity leaves the body very quickly and it will not make you feel sick or sleepy.

#### **DO I NEED TO PREPARE FOR THE SCAN?**

No, you do not need to do anything special. You can eat and drink normally and keep taking your tablets.

#### **WHAT IS INVOLVED?**

Shortly after you arrive you will be given a small injection in your arm. The injection contains a small amount of a radioactive tracer. It is harmless with no side effects. Once you have had your injection, if you need to go to the toilet, you will need to use our special patient toilet – please ask at reception for the door code. It's important that you sit down while using this toilet.

About 3-4 hours later you will be scanned with a special camera. This will take about 45 minutes. No discomfort is involved.

Your appointment letter will tell you the time of the injection and the time you should return for the scan.

#### **HOW IS THE SCAN PERFORMED?**

The scan involves taking pictures while you lie on a bed. The camera is placed close to the part of your body being studied. Please remove any belts or necklaces you are wearing before the scan.

#### **IS THERE ANYTHING I SHOULD TELL THE STAFF BEFORE THE SCAN?**

If you weigh over 100Kg (15st 10lb) please ring the department as soon as possible, before coming for your test.

Women should tell us if they are pregnant, if they think they may be pregnant or if they are breast-feeding. Women between the ages of 12 and 55 will be asked to sign a form on the day of their test to confirm they are not pregnant. If there is any doubt then, by law, we have to perform a pregnancy test before we do the test.

Some of the radioactive tracer will pass out in your urine, so could you please tell us if you suffer at all from incontinence before you come for your scan.

Please tell the staff if you are planning to travel abroad within one week of your scan.

#### **WHAT CAN I DO BETWEEN THE INJECTION AND THE SCAN?**

You can either leave the hospital or stay with us. Meals and snacks may be bought in the hospital or you may bring lunch with you.

#### **WHAT CAN I DO AFTER THE SCAN?**

You can go home or to work. You can drive a car, eat and drink normally and continue taking your tablets.

#### **WHAT HAPPENS TO THE RESULTS?**

We cannot give you the results of your test. We will send a report to the doctor who asked for the scan as soon as possible. They will arrange your follow-up appointment.