

What is an Isotope Bone Scan?

An isotope bone scan is a type of Nuclear Medicine scan used to find functional changes in your entire skeleton. The scan is taken by a specially designed camera called a Gamma Camera that tracks the path of small amounts of radiation introduced into the body via an injection.

A bone scan involves taking pictures of the body on one or more occasions depending on your clinical problem.

The exact protocol will be explained to you on the day of your scan. However, the standard procedure involves taking pictures over a period of approximately 45 minutes, 2 to 4 hours after the injection.

What does the test involve?

Soon after you arrive in the department, you will be given an injection of a small amount of radioactive substance into a vein, usually in your arm. This substance collects temporarily in the bones but as this takes some time to happen, you will be allowed to leave the department.

You will need to return 2 to 4 hours later for the scan (you can eat and drink as normal while you wait). A member of staff will tell you exactly at what time you will be required back. At this time, a wholebody picture will be taken for about 30 minutes.

Additional pictures might be required, which include the camera moving around the body in a circle. You may be asked to put your arms above

your head during this time (if possible). X-ray investigations may also be requested.

What happens after the scan?

A clinical technologist will check to ensure that a satisfactory scan has been obtained after which you will be free to leave. You may drive home and continue with your normal activities.

Your scans will be reported by a Radiologist (specialist doctor) and these results will be sent back to the doctor who requested this scan.

The results of the scan will be explained to you at your next appointment at the Out-Patient Clinic, or at the surgery if your General Practitioner has referred you.

Will it hurt? Is it uncomfortable?

No, apart from the pinprick of the injection which will be similar to having a blood test done.

The scan does not involve passing through a tunnel. You do not need to get undressed, but you will have to remove jewellery or metal items.

Are there any side effects?

Nuclear Medicine procedures are among the safest of diagnostic imaging tests. The amount of radiation received in this examination is equivalent to less than 2 years of background radiation in the UK.

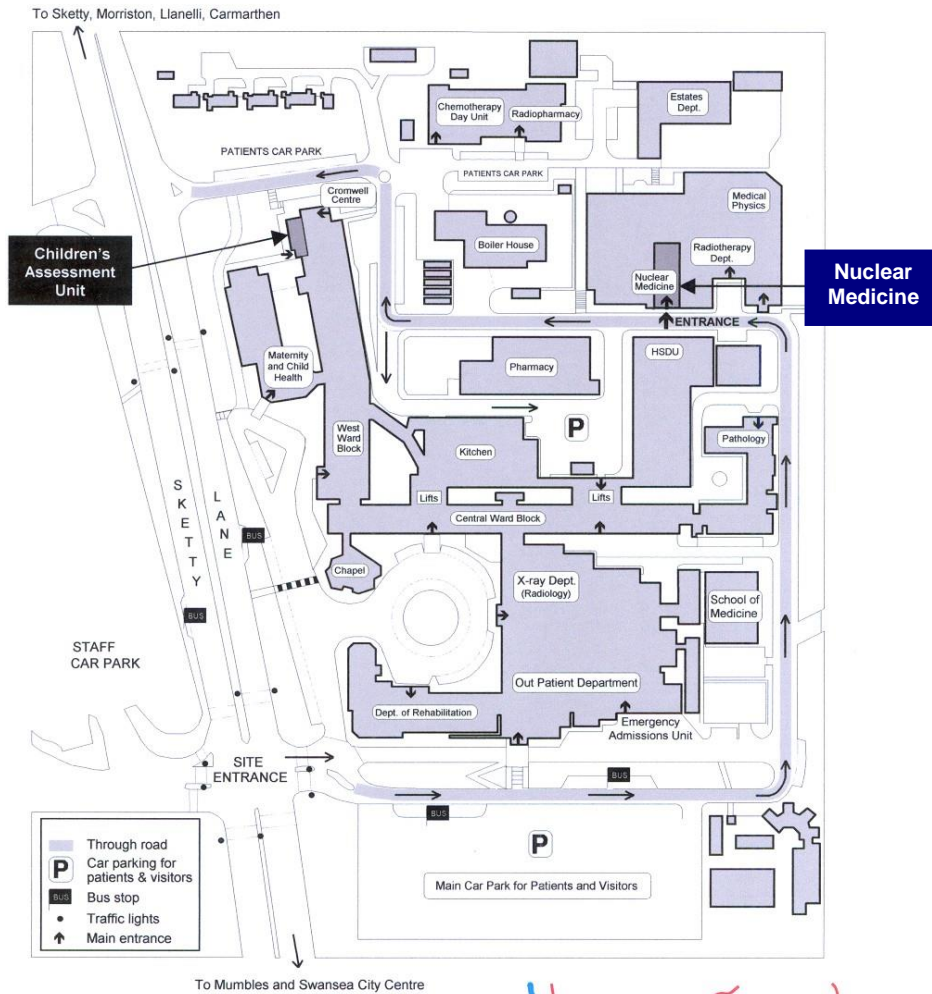
Side effects from the substance in the injection are extremely rare. Those that do occur are usually mild.

IMPORTANT INSTRUCTIONS:

1. If you cannot attend for your scan, please phone (01792) 285295 and let us know.
2. Please complete the attached questionnaire and bring it with you on the day of your appointment.
3. Report to the Nuclear Medicine reception at the time and date given on the front of this leaflet. A map of the hospital is shown on the back of this leaflet.
4. Continue with any medication that has been prescribed for you.
5. If you are pregnant, or if you are breast-feeding, please contact the department.
6. If you are incontinent of urine or on dialysis treatment, please contact the department.
7. After you have had the injection, avoid close contact with children or pregnant ladies for 24 hours.
8. Drink at least 6 cups of fluid during the day after the injection. You can drink any type of fluid and eat as normal. Please void frequently.
9. Do not give blood or urine samples during the next 24 hours.
10. Travelling: some train, air and ferry ports may have sensitive radiation detectors that you may activate after the scan, so please carry your appointment letter for 7 days.

Singleton Hospital

SITE PLAN



Directions from the M4 Motorway

From any of the junctions 42 to 47, follow Swansea City Centre signs initially, then follow directions for the Gower and the Mumbles. Singleton Hospital signs will be evident on the outskirts of the city. Sketty Lane is on the A4216.



SINGLETON HOSPITAL

NUCLEAR MEDICINE

Your Isotope Bone Scan Appointment

Please read this leaflet carefully and attend Nuclear Medicine for the appointment shown below

Name

Appointment Details

Date

Time

If you are unable to attend this appointment, or if you have any queries, please telephone (01792) **285295**