

**SALMANIYA MEDICAL
COMPLEX**

RADIOLOGY DEPARTMENT



NUCLEAR MEDICINE (NM)

**HAVING A
RADIOISOTOPE
SCAN**

Your Guide To The Procedure

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Your doctor has requested that we should perform a radioisotope scan (Nuclear Medicine test) on you. We hope this leaflet will answer some of the questions that you may have.

WHAT IS A RADIOISOTOPE SCAN?

A small amount of radioactivity is used to obtain pictures which will help your doctor understand your illness.

WHAT IS INVOLVED?

The radioactive dose is injected into a vein in your arm or hand. It is diluted with a clear fluid and the volume is likely to be 1 ml.

You may then have to wait before any pictures can be taken using a Gamma Camera, though sometimes immediate images are required. The amount of time you have to wait depends on the type of scan, it varies between 15 minutes and 4 hours and this should be confirmed by the appointment letter or by asking the Nuclear medicine Technologist in the NM Room.

It will take up to one to two hours to take the pictures and during this time you will be asked to lie down on the tabletop or sit in front of the Gamma Camera. You will not need to remove your clothes for the examination.

Some studies need follow ups up to 24 hours to 4-5 days.

DOES IT HURT?

The injection procedure is similar to that experienced in the Pathology laboratory when you attend for a blood test.

ARE THERE ANY AFTER EFFECTS OR SIDE EFFECTS?

No. After the scan is completed you will be able to return home or to work. You will be able to drive, there will be no visual effects. The scan does not make you sleepy.

WHAT PREPARATION WILL I NEED FOR THE SCAN?

For the majority of scans you do not need to do anything special. Unless otherwise indicated on your appointment letter you can eat and drink as normal but you will be asked to drink plenty of fluids

between the injection and scan. There is usually no need for you to change your drug/tablet treatment.

- 1- For some studies you will need to stop taking your drug treatment, accordingly instructions will be given to you.
- 2- You must confirm with your doctor before following our instructions.
- 3- Children (usually under 12 years) are needed to be sedated for this kind of examination.

Again the appointment letter will inform you about this.

IS THE RADIATION DANGEROUS?

With modern equipment and techniques the radiation dose to you is minimal. It is very similar to that received from an X-ray examination.

IF YOU HAVE ANY FURTHER QUESTIONS

The staff of the department would like to make your visit as pleasant as possible. If you have any questions, please do not hesitate to ask us at any time before, during or

after the radioisotope scan.

WHAT STAFF WILL I SEE WITHIN THE DEPARTMENT?

You will be greeted at the reception desk by a Radiographer or reception clerk. Present within the Scanning Room will be the Nuclear Medicine technologist and Nuclear Medicine doctor who will carry out the injection and subsequent scanning pictures.

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

Yes, please contact us before your appointment if you are pregnant, or think that you may be pregnant. Also, please tell us if you are breast feeding the baby. Inform us if you have undergone any investigation just 1 or 2 days prior to the examination day.

DO I NEED TO DO ANYTHING AFTER THE SCAN?

You can eat, drink and go where you wish after the scan. Being asked to drink water more than usual for the rest of the day simply

helps wash the radioactivity out of your body. If it is possible please avoid close contact with young children & pregnant ladies for the rest of the day, this is a sensible precaution to avoid exposing them to unnecessary radiation.

HOW WILL I GET THE RESULTS?

Although the films taken during the procedure are checked before you leave the department, the Nuclear Medicine doctor will need to study them closely before making any comments. Once the Nuclear Medicine doctor has made the report, it will be typed and sent to X-ray office within one week. CPR must be shown when receiving X-rays results.

Address for any communications:

Nuclear Medicine Unit, Radiology Department, SMC, PO Box 12, MoH - Manama, Bahrain.

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For further enquiry 24 Hrs. 17284084

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