

placed under your knees and a pillow under your head.

The technologist will position the gamma camera over one end of your body and ask you to lie still. You can breathe normally throughout the examination, which will usually last twenty minutes. Usually, the camera will slowly scan the whole length of your body.

The technologist will remain in the control room and watch you through the glass screen in the examination room. It may be necessary to take one or two more localised views, if more detail is required.

What happens if I need a SPECT-CT scan?

It may also be necessary to perform a special scan called a CT (or CAT) scan. Your technologist will tell you if this is going to happen. During this scan, the table will move forwards and backwards through the 'doughnut' shaped scanner and you may hear the noise of the scanner becoming louder. It is very important not to move during this scan.

Is it painful?

No. Apart from the injection into the vein, you will not feel anything.

How long does the examination take?

Apart from the 3 hours while the isotope is absorbed into the bones, the scanning process usually takes between 30 to 45 minutes, and your total time in the department will usually be less than one hour.

Can I listen to music while I have my scan?

Your technologist will ask you whether you would like to listen to music during your scan. You may bring in a CD or select music from our selection.

How can I get the results?

Your scan will be reported by doctor with specialist experience in Nuclear Medicine within 7 days of your scan. The report will usually be sent directly to your referring healthcare professional.

Can I get a copy of my scan and report?

You can request a copy of your scan and report by completing an online request from our website, or speaking to the receptionist after your scan. There may be a charge for this service, but a member of staff will be able to explain this to you.

What do I do if I need to cancel my appointment?

The radiopharmaceutical required for this scan is ordered especially for your appointment time. If you cannot attend your appointment for any reason, or you are running late, please let the department know as soon as possible. In some cases, we may not be able to perform your scan if you are late as the radiopharmaceutical may have expired.

We hope that this leaflet has answered your questions, but please make sure you are satisfied that you have received enough information about the procedure. If you have any further queries, please speak to a member of the team and we will try our best to help.

If you cannot make your appointment, please telephone us at your earliest convenience.

Tel: 020 3137 8287

**For further information please visit
www.trinitymedicalimaging.co.uk**

How to get here

Opening Times

Monday to Friday	8:30am	–	18:00pm
Saturday	9:30am	–	18:00pm
Sunday	10:30am	–	16:00pm

Tel : 020 3137 2155
Fax : 020 3137 2156
Email : info@trinitymedicalimaging.co.uk

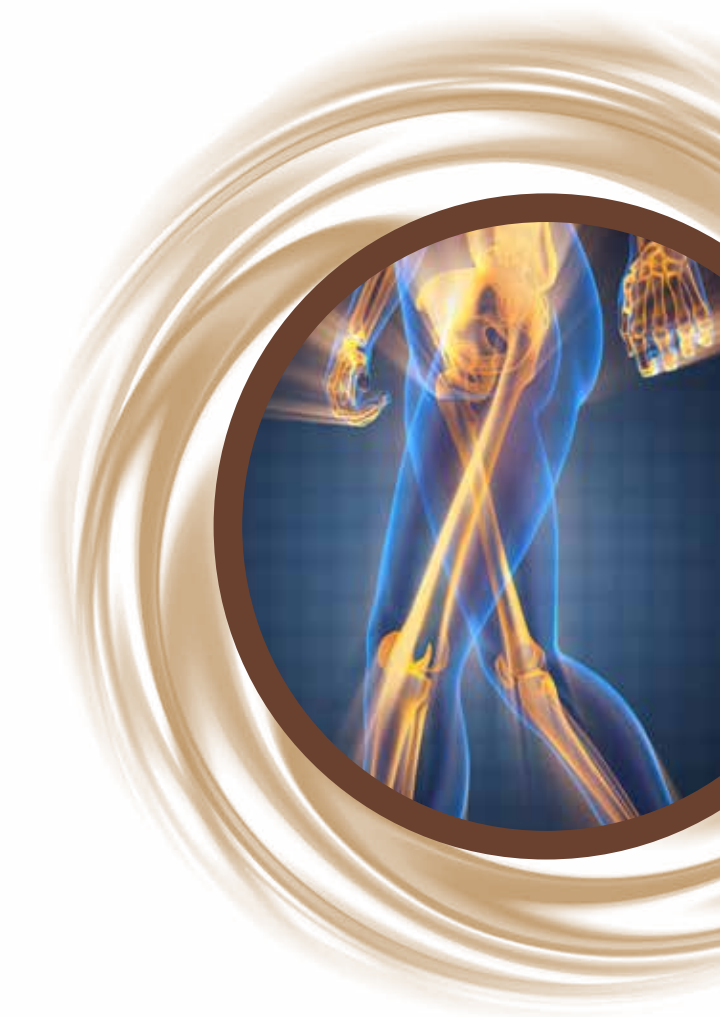
www.trinitymedicalimaging.co.uk

Trinity Medical Imaging
TMI House
29 Waverley Way
Carshalton Beeches
Surrey SM5 3LQ

Information for patients having a bone scan

Trinity Medical Imaging

Our patients, our priority



Who Are We?

Trinity Medical Imaging is one of the foremost providers of private nuclear medicine imaging in London and Surrey. We work with some of the finest nuclear medicine consultants from a wide variety of specialist fields, attracted from London's major teaching hospitals.

At Trinity Medical Imaging we specialize in hybrid imaging with SPECT-CT, and our facility leads the way for SPECT-CT services in the area.

This booklet explains what is involved when you have a bone scan at Trinity Medical Imaging. Although it should answer most of your questions, it is not meant to completely replace any discussions you have with your referring healthcare professional. If you have any further questions about the procedure that are not included in this booklet, please ask any member of the team at Trinity Medical Imaging, and we will do our best to help you.

What is special about a nuclear medicine scan?

Nuclear medicine is the use of radioactive isotopes in the form of radiopharmaceuticals to produce an image of different parts of the body. These radiopharmaceuticals emit gamma rays, which are like X-rays. The radiation does not remain for very long, as the isotope decays within a few hours.

The isotope is usually injected into a vein, but may sometimes be swallowed or inhaled. Radiation from the isotope is detected by a special camera called a gamma camera, which builds up a picture on the computer. Unlike other forms of medical imaging, nuclear medicine can also show the function of an organ as well as its structure.

What is an isotope bone scan?

For an isotope bone scan, also known as a radionuclide bone scan, you will receive an injection of a radiopharmaceutical into a vein which takes about 3–4 hours to be absorbed by the bones.

Images are taken from head to toes or just of the affected part, by sliding the bed under the gamma camera to detect

the gamma rays coming from the radiopharmaceutical in the bones. This creates an image of the bones, and indicates the sites of abnormal remodelling of the bone. This can highlight information which helps the doctor to diagnose your condition.

What are the risks involved?

The gamma rays emitted by the radiopharmaceutical are like X-rays and so there is a small risk associated with exposure to radiation. However, the radiation used in medical imaging is very low, and the radioactivity decays naturally over several hours. We are all exposed to natural radiation from the environment, and the amount of radiation you will receive from this scan is roughly equivalent to two years of background radiation.

If you are a parent with young children at home, please notify the technologist, who will explain that it is advisable not to have prolonged close contact with them for the rest of the day. This is to avoid them being exposed to unnecessary radiation.

Whilst the thought of radiation can be scary, the benefits of diagnosis outweigh the risks of the radiation.

If you are concerned about the risks of the radiation, please speak to a member of our team.

There are no other side-effects from the injection, and you won't feel drowsy. You can drive home afterwards and return to your normal activities. Allergic reactions to the injection are also very rare, but please let the technologist know if you have any allergies.

How should I prepare for the scan?

No specific preparations are required. You may eat and drink normally and you should take any medicines you need as usual. After the injection, you should drink plenty of fluids (unless you normally must restrict your fluid intake for medical reasons). If you leave the department between the injection and your scan, you do not need to take any special precautions, but if you stay then you should use the special toilet for nuclear medicine patients. Your technologist will show you where the toilet in the department is.

If you are or may be pregnant

If you are pregnant, or think you may be pregnant, you must inform the department before attending, and certainly before the radiopharmaceutical is administered.

If you are breastfeeding

If you are breastfeeding, please inform the department before attending and you will be advised as to whether you will need to take any precautions. You may be advised to avoid breastfeeding for a few hours afterwards and you may need to express milk before your scan.

Can I bring someone with me?

You may bring a carer or someone for support. However, for safety reasons they may not be allowed to come with you into the examination rooms, except in exceptional circumstances. Please do not bring children with you as they will potentially be exposed to radiation from other patients.

Arriving for your appointment

When you arrive for your appointment, please go to the receptionist, after which you will be shown where to wait until met by a technologist. While you are waiting, you may be asked to fill in a form with details about your health, any medication you are taking or whether you have had this scan before.

The technologist will explain the procedure, and you can ask any questions you like.

The technologist will then give you the injection of radiopharmaceutical into a vein in the arm, which is just like having a blood sample taken.

Unless you are needed for any early phase scans, there is usually a three hour wait to allow the radiopharmaceutical to be absorbed by the bones. During this time, you may leave the department, have something to eat and drink and relax.

What happens during the scan itself?

Before your scan you will need to visit the special toilet to empty your bladder. You usually do not need to undress but please remove any jewellery or keys, coins or buckles. You will be taken to the scanner room and made comfortable lying on the scanner couch. You may have some support