

# **Bone scan**

## **Patient information factsheet**

### **What is a Nuclear Medicine Scan?**

- A nuclear medicine scan is a very common medical procedure.
- It uses small amounts of radioactive materials to highlight a specific organ.
- This helps your Doctor diagnose (find the problem) and, in some cases, treat a number of diseases.
- The scan uses a gamma camera to look for signs of disease.
- It shows the Doctor how well your organs are working. Other types of scans show what your organs look like.

### **What is a Bone Scan?**

- A nuclear medicine bone scan shows how an injury, disease (like cancer), or infection is affecting your bones.
- It can also show if a bone problem has gotten better or worse after treatment.
- A radioactive material (radiopharmaceutical) is injected into a vein. It attaches to the bones and is detected by a gamma camera that takes pictures that show how the bones are working.

### **Do I have to do anything to prepare for this procedure?**

- No. You can take your medications and eat/drink normally before this procedure.

## What happens on the day of the scan?

### On arrival

- A small amount of a radioactive tracer will be injected into your vein, which helps us see your bones with a special camera.
- You can leave the department after this and go and rest.

### 3 to 4 hours after the injection

- You will be asked to come back after 3 to 4 hours, so that we can scan your bones.
- The entire scan can take up to 45 minutes.
- It is important that you keep still during the scan.

## Is it dangerous?

- The scans are safe and painless.
- Because a small amount of radioactive tracer is used, there is only a very small risk of radiation exposure.
- If you have any worries or questions about the scan, please talk to your Doctor or contact the Nuclear Medicine department.

## Are there any precautions?

- Please tell the Nuclear Medicine Technologist or Radiographer if you might be pregnant or are breastfeeding before you come to your appointment.
- **You might need to stop breastfeeding for a short time after your scan.**
- Please tell us if you are very afraid of needles (needle phobia), feel anxious in small spaces (claustrophobia), or cannot lie down flat.

## What happens after the scan?

- Drink lots of water.
- The radioactive tracer leaves your body through your pee (urine). Drinking lots of water will help get rid of it faster.
- **Do not have any blood or urine tests for 24 hours after your scan because the radioactive tracer may still be in your body.**

## How do I get my result?

- A Radiologist reviews (looks at) the scan and sends the report to the Specialist Doctor who asked for it. They will then contact you directly.
- This can take about 2 to 3 weeks.

## Is there anything else I should know?

- You will need to lie down flat and stay still during the scan. Moving can make the pictures unclear.
- The scan can take anywhere from 15 to 60 minutes. This will depend on the type of procedure you are having.
- A CT scan (computerized tomography) might be done at the same time as your nuclear medicine scan to give us extra information.
- **Please do not bring anyone with you who is pregnant or under 18 years old.** This is because there are radioactive materials in the department.
- **We do not allow anyone under 18** to interpret for patients.
- If you need an interpreter, please tell the Nuclear Medicine department, and they will arrange one for you.

## Contact our service

Email: [whh-tr.nuclearmedwhitthealth@nhs.net](mailto:whh-tr.nuclearmedwhitthealth@nhs.net)

Monday to Thursday, 9 am to 5 pm: 020 7288 5517.

Friday: Please call our mobile on 07747 037 143.

## Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net).

If you need a large print, audio or translated copy of this leaflet, please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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