

# Nuclear Medicine HIDA scan

## Patient Information

This leaflet will provide you with the necessary information about your HIDA scan.

## What is a HIDA scan?

A HIDA scan is a diagnostic procedure to determine how well your gallbladder is functioning and its anatomical appearance.

## Preparation for the HIDA scan

**Adults:** It is important that you fast preferably 6 hours before your appointment but remain hydrated.

**Children:** It is important for children to fast for 2–4 hours. Infants need only to fast for 2 hours before the appointment. This allows timely visualisation of the gallbladder. In infants clear liquids are allowed if medically necessary.

Please inform us before you attend:

- If you are or think you may be pregnant
- If you are breastfeeding
- If you have problems weight bearing and need a hoist to be transferred
- If you are unable to lie still and flat on your back for a period of 2.5 hours.

## Pregnancy and breastfeeding

It is important that you notify the Nuclear Medicine SPECT CT staff if you are (or think you could be) **pregnant** or are **breastfeeding prior to your scan**. This study is not suitable for pregnant women because of the radiation dose to the growing foetus. Women who are looking after very young children will be given appropriate advice by the Nuclear Medicine SPECT CT staff. This is because a small amount of radioactivity may be released from the body for a period of time after the scan.

## The HIDA scan

In the Nuclear Medicine SPECT CT Department you will receive a radioisotope injection. This will be followed by two scans that will take almost 2.5 hours to complete. During the first stage of your scan you will be asked to take a high nutritional drink. The purpose of this drink is to stimulate your gallbladder to empty. In the second stage of your scan the two gamma cameras will move sequentially around your abdomen. They will come close to you but you will not be enclosed in a tunnel or be on your own. This type of scan is known as a SPECT scan. Due to the length of these scans you will be requested to empty your bladder prior to the scan.

## After effects of a HIDA scan

There are no known after effects from a HIDA scan.

The radioisotope can take up to 24 hours to discard from the body so you will be advised to drink plenty of fluids and to empty your bladder often. This assists the radioisotope to discard from your body quickly. You will be able to drive and travel by public transport after your scan.

## What are the risks of a HIDA scan?

The amount of radiation that you will receive from this investigation is very low and similar to the natural background radiation we all receive from the environment over a maximum period of 11 months.

## Where is a HIDA scan performed?

The HIDA scan is only performed in the Nuclear Medicine SPECT CT Department which is situated in the X-Ray Department. On arrival, please book in at **X-Ray Reception** on the **Ground Floor**, close to the **Outpatient Entrance**.

As there is limited parking at the hospital, please allow extra time when planning your journey. If possible, please use public transport.

## Who can accompany me for the scan?

We would prefer that you do not bring more than one person with you.

Please note there are no childcare facilities available and children regrettably are not permitted to enter the examination rooms, unless they are having a scan.

## Results of the HIDA scan?

The HIDA scan images will be reported by a Nuclear Medicine Radiologist and the report will be forwarded to the doctor who requested the scan.

## Travel Abroad

If you intend to travel abroad within five days of your scan please keep your appointment letter to take with you when you travel.

## Diabetic patients

Please phone 01895 279368 for further instructions.

## Diagnostic Imaging Dataset (DID)

Information from your diagnostic test will contribute to the Diagnostic Imaging Dataset (DID). This is a secure database that holds information on the imaging tests and scans carried out on NHS patients. This will allow the Health and Social Care Information Centre to see how different tests are used across the country. Anonymised images may also be used for educational and academic purposes, both nationally and internationally.

Nothing will be reported that identifies you. It is only made available to appropriate staff and is kept strictly confidential. However, if you do not want your information to be stored in the DID, please let us know on the day of your scan and we will make sure your information is not copied into the DID.

**Who should I contact if I have a problem or question?**

Monday to Friday, 8am to 4.30pm – please contact Nuclear Medicine SPECT CT Department on 01895 279368. Out of hours you should contact your GP.

## Languages/Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

Please contact: 01895 279973.

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

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رابطہ کرو

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poprosz pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .