

Nuclear Medicine Bone Scan

Patient Information

This leaflet will provide you with information about your Bone scan.

What is a Bone scan?

A Bone scan is a diagnostic procedure to determine the presence of bone abnormalities that are not easily detected by an x-ray.

Preparation for the Bone scan

You may eat and drink prior to your appointment and take your medication as prescribed by your doctor. **No preparation is required other than we ask you to be well-hydrated.**

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 45 minutes

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 staff. This is because a small amount of radioactivity may be released from the body for a period of time after the scan.

The Bone scan

In the Nuclear Medicine SPECT CT Department you will receive a radioisotope injection. A scan may be undertaken immediately after the injection but definitely after an interval of 2- 3 hours. A SPECT CT scan may also be requested by your referring doctor and this will be undertaken at 2-3 hours after the injection.

The time of your scan and time period it will take will be notified to you by the Nuclear Medicine SPECT CT Team, as this is dependent on the sequence of scans requested by the consultant radiologist.

A SPECT CT scan is made up of two separate components, a SPECT and a CT scan. The images from each scan are fused together. The fused images can provide more accurate information about the anatomy and function of the area being scanned. For example, in areas such as the spine or feet, it can be difficult to determine from the Nuclear Medicine imaging alone whether the abnormality lies in the bone or the adjacent joints. The fusion of SPECT with CT images provides added confidence in identifying and localising the problem.

Single Photon Emission Computed Tomography (SPECT)

SPECT images are obtained following an injection which contains a small amount of radioactivity. This is used to determine how an area of the body is functioning. During the SPECT procedure two gamma cameras rotate in a 360 degree arc allowing for reconstruction of three dimensional images.

Computed Tomography (CT)

CT images are obtained while you lie on the same imaging bed. The bed slides through the centre of the scanner. Again, the scanner rotates over a 360 degree arc allowing for three dimensional image reconstruction. This shows the anatomy of the area under investigation.

After effects of a Bone scan

There are no known after effects from a Bone scan and/or SPECT CT 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 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.

What are the risks of a Bone 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 16 months.

Where is a Bone scan performed?

The Bone 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 Bone scan?

The Bone 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

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز و جچا ہی دی اے تے پتہ کرن لئی 01895 279 973
رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś 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 .