

Nuclear Medicine Sestamibi Parathyroid Scan

Patient Information

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

What is a Sestamibi Parathyroid scan?

A Sestamibi Parathyroid Scan is a diagnostic examination to determine the anatomy and function of your parathyroid glands. These are four small glands embedded in the back surface of the thyroid gland, which is situated in the front of your neck.

Preparation for the Sestamibi Parathyroid 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 30 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 Sestamibi Parathyroid Scan

In the Nuclear Medicine SPECT CT Department you will receive a radioisotope injection and then scans will be undertaken 10 minutes and 90 minutes after.

At ten minutes after the injection, a dual-headed gamma camera will be used to detect the radiopharmaceutical that your parathyroid glands will have absorbed. It will come quite close to your head but will not touch you at any point and you will be asked to remain quite still. The duration of the first scan is 20 minutes.

At 90 minutes after the injection, a series of scans will be taken which include SPECT CT (Single Photon Emission Computed Tomography) 3-dimensional images. The camera will rotate over a 360 degree arc around you, allowing for reconstruction of an image in three dimensions. The scans in total will take approximately 45 minutes after which you can go home.

You will not be asked to change your clothes but will be requested to remove any jewellery around the neck prior to the scan.

After effects of a Sestamibi Parathyroid scan

There are no known after effects from a Sestamibi Parathyroid 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 after your scan.

What are the risks of a Sestamibi Parathyroid 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 20 months.

Where is a Sestamibi Parathyroid scan performed?

The Sestamibi Parathyroid 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 Sestamibi Parathyroid scan?

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

Travel Abroad

If you intend to travel abroad within 5 days of your scan please keep your appointment letter to take with you when you travel.

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.

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.

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 جگہ چاہی 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 .