

## Nuclear Medicine 2 Phase Bone Scan

Your doctor would like you to have a Nuclear Medicine scan and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have. Should you have any questions regarding your appointment please contact us on one of the telephone numbers below between 9:00am and 5.00pm Monday- Friday.

0300 131 4797 or 0300 131 5853

### WHAT IS A BONE SCAN?

A bone scan is a way of taking pictures of bone metabolism. Images are taken using a Gamma Camera. A small amount of radioactivity is used to produce these pictures. The pictures will help your doctor understand your illness.

### IS THE SCAN SAFE?

The amount of radiation you receive is as small as possible and is similar to other X-ray procedures. The radioactivity leaves the body very quickly and it will not make you feel sick or sleepy.

### DO I NEED TO PREPARE FOR THE SCAN?

You do not need to do anything special. You can eat and drink normally and keep taking your tablets. You should wear loose fitting comfortable clothing.

### IS THERE ANYTHING I SHOULD TELL THE STAFF BEFORE THE SCAN?

Women should tell us if they are pregnant, if they think they may be pregnant or if they are breast-feeding. Women between the ages of 12 and 60 will be asked to sign a form on the day of their test to confirm they are not pregnant. If there is any doubt then by law we have to perform a pregnancy test before we can do your test.

### WHAT IS INVOLVED?

Shortly after you arrive you will be given a small injection in a vein in your arm. The injection is a radioactive tracer that is absorbed onto your bones. We do not expect you to have any side effects to the injection. You will have a 10 minute scan immediately following the injection. A second scan will take place 3-4 hours later and will take about 45 minutes.

The first scan involves taking a 5 minute picture of your hands followed by a 5 minute picture of your feet. For the second scan you will be asked to empty your bladder and to remove any items containing metal and to empty your pockets. During the second scan the hands and feet pictures are repeated plus an additional scan is taken where the camera moves slowly from your head to your toes.

### PRECAUTIONS AFTER THE INJECTION

After your injection you should avoid prolonged close contact with pregnant women and children for 24 hours. Children and pregnant women should not accompany you to the department. You should also avoid blood tests and dental visits during this time. If you are planning to travel abroad within 7 days after your appointment please inform the staff during your appointment.

### WHAT CAN I DO BETWEEN THE FIRST AND THE SECOND SCAN?

You can leave the hospital or stay with us. Meals and snacks may be bought in the hospital. If possible you should drink plenty of fluids and empty your bladder frequently.

**WHAT CAN I DO AFTER THE SCAN IS COMPLETE?**

You can go home or to work. You can drive a car and eat and drink normally.

**WHAT HAPPENS TO THE RESULTS?**

We cannot give you the results of your test. We will send a report to the doctor who asked for the scan as soon as possible.

**CONSENT**

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

**SOURCES OF INFORMATION**

British Nuclear Medicine Society (BNMS)

**IMPORTANT INFORMATION**

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

**YOUR COMMENTS**

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 1314731 or email: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

**HAND HYGIENE**

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

**OTHER FORMATS**

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask a member of our team.

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**Reference**

The following clinicians have been consulted and agreed this patient information:  
Dr Emma Owens, Consultant Radiologist, ESHT, Dr David Sallomi, Consultant Radiologist, ESHT

The directorate group that have agreed this patient information leaflet:  
Core Services

Next review date: October 2024  
Responsible clinician/author: Mr Christopher Salt, Nuclear Medicine Modality Manager  
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# **NUCLEAR MEDICINE BONE QUESTIONNAIRE**

To help with the interpretation of your scan could you please answer some questions regarding your medical history?

Please bring this questionnaire with you when you attend for you scan.

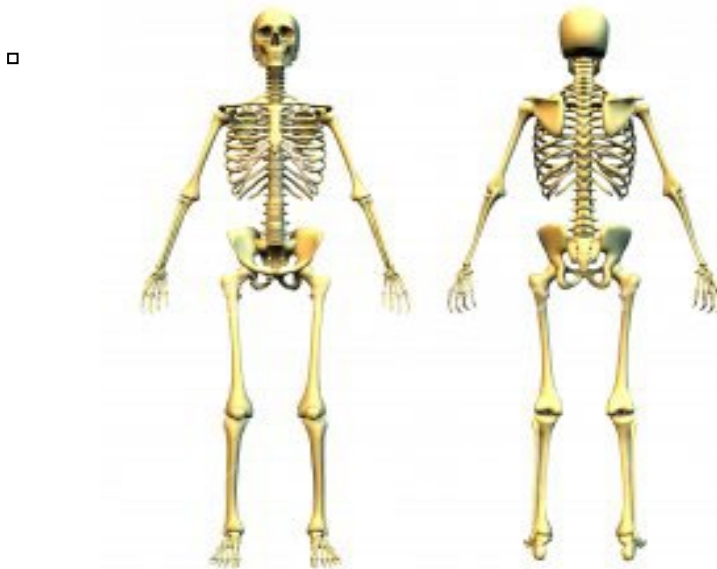
HOSPITAL NUMBER: X

NAME:

1) Are you experiencing any specific aches and pains?

**YES NO**

If **YES**, please indicate on the image below.



Have you had a fracture (broken a bone) in the past 2 years?

**YES NO**

If **YES**, which one?

Have you had a fall recently that didn't necessarily require a doctor?

**YES NO**

If **YES**, which part did you injure?

Have you had any previous bone or joint, surgery?

**YES NO**

If **YES**, give details including date(s) of surgery

Have you had, or are currently receiving radiotherapy?

**YES NO**

If **YES**, to which part of the body and when?

Have you had, or are currently receiving chemotherapy or hormone therapy?

**YES NO**

If **YES**, when was your last treatment?

Are you on any treatment for osteoporosis?

**YES NO**

Have you had any recent dental treatment?

**YES NO**