

# Patient information

## Nuclear Medicine DAT Brain 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 BRAIN SCAN?

A DAT (**D**opamine **A**ctive **T**ransporter) Brain scan is a way of taking pictures of specific types of brain tissue in assessing whether you have Parkinson's disease. 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?

We will have already checked your current medication. If you are prescribed any new medications before your appointment please contact us. We will inform you if you need to stop any medication.

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

The injection for the scan is specially ordered for you. If you are unable to attend your appointment, please contact us as soon as possible.

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.

### WHAT IS INVOLVED?

#### **Allow 5 hours for your appointment.**

Shortly after you arrive you will be given 2 tablets of Potassium Iodide to take. These are to prevent the scan injection being absorbed by your thyroid gland. 1 hour later you will be given a small injection in a vein in your arm or hand. The injection is a radioactive tracer that is taken up by specific tissue in your brain. We do not expect you to have any side effects to the injection. Your scan will take place 3 hours later and will take about 45 minutes.

You will be asked to empty your bladder just before your scan. The scan involves taking pictures while you lie on your back on a bed with your head positioned in a head rest. The camera is placed very close to your head. The camera will slowly move around your head. It is important you keep very still during your scan.

### PRECAUTIONS AFTER THE INJECTION

After your injection you should avoid prolonged close contact with pregnant women and children for 48 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 14 days after your appointment please inform the staff during your appointment.

## WHAT CAN I DO BETWEEN THE INJECTION AND THE 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 131 4731 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

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Oct 2024

Responsible clinician/author:

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