

Bone Scan

Patient Information Leaflet

Nuclear Medicine Department



What is a bone scan?

A bone scan is used to examine the bones of the body. It can show conditions which cannot be seen on x-rays. You have been given two appointment times:

On the **first visit** you will be given a small injection of a radioactive tracer into a vein in your arm. This gives off gamma rays so that when we scan you the camera can see how your bones have taken up the injection. The injection will not make you feel any different. In some cases we may also do a quick scan as we give you the injection.

The **second appointment** time is for your scan. This should take no longer than one hour. The delay between injection and scan is so that your bones can absorb the tracer.

During the interval you may leave the hospital if you wish or remain in our waiting room. If you are remaining in our waiting room and you are not very mobile please bring food and drink with you.

If you have any queries or are unable to keep this appointment please notify us by telephone as soon as possible. This will enable us to offer this appointment to another patient on our waiting list. We are available Monday to Friday 9am to 5pm on **01253 953919**.

Do I need to prepare for the scan?

You will be able to eat and drink as normal on the day of your scan. After you have had the injection we would like you to drink extra fluid and empty your bladder often. This will give us better pictures when you come back for the scan. There is no need to get undressed for the scan but we would like you to remove any metal items from your person, such as keys, coins, jewellery or a belt. There is no need to stop any of your medication prior to your scan. The injection will not react with any medications.

Do I need to do anything special after the scan?

After your scan you can eat and drink normally and you will still be able to drive a car. Drinking extra fluids for the rest of the day will help wash the radioactivity out of your body. The rest will disappear naturally. You are free to go home but please avoid spending a long time in close contact with young children or pregnant women for the rest of the day to avoid exposing them to unnecessary radiation.

How will I get the results of my scan?

The results will be sent to the hospital consultant that referred you for the scan. Some doctors will write to you with the results of the scan and some will send you an appointment to come back to the outpatient clinic.

How safe is the injection?

The injection contains a small amount of radioactive tracer which emits gamma rays (these are similar to X-rays). We use the smallest dose possible to provide as much information as we can about your condition. The radiation dose is very low and is similar to the natural background radiation we all receive from the environment over a period of 14 months. The results of your scan will give your doctor useful information about your condition and will help them plan your treatment. The benefits of having the scan far outweigh the tiny radiation dose you will receive.

Further guidance has been published by Public Health England, visit website - <https://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice>

Is there anything I should tell the staff before the injection?

Please tell us if you are or may be pregnant. If you are breast feeding please ring the department a few days before your appointment.

Additional Information

Directions to X-ray Central

X-ray Central is situated off the main hospital corridor and is signposted. Please report to X-ray Central reception on arrival.

Relatives and escorts

You may wish to bring a friend or relative to accompany you to and from the Radiology department when you have your examination although they will not usually be allowed into the examination room. This may be useful if you do not speak English very well or if you have any special needs.

Car Park

Car parking is available on the multistorey car park at the main entrance of the hospital. Car park charges apply at this hospital. Please bring change with you if you are planning to park on site.

Other facilities available

At the main entrance to the hospital there is a cafe and shops selling light meals and snacks. There is also a large restaurant for staff and visitors to use.

Useful contact details

Nuclear Medicine Radiology

Monday to Friday

9am to 5pm

Hospital Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

Email: **patient.relations@bfwh.nhs.uk**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation. Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397**

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:
01253 955588



Our Four Values:



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