

Having a scan for gastro-intestinal bleeding

Department of Nuclear Medicine

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Information for Patients

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Introduction

This is a safe and simple scan. It uses a small amount of radioactivity to get images of your tummy (abdomen). This helps to show conditions not found with X-rays. It takes 1 day to do the scan. A nuclear medicine technologist and/or specialist nurse carry out this scan. There may also be a trainee present.

If you cannot attend your appointment please call 0116 258 5627 to rearrange at least 3 days before so that we can try to offer your appointment to someone else.

You must tell us if you:

- are pregnant, think you may be pregnant, or have just missed a period.
- are breastfeeding. This is because radioactive substances can come out in breast milk. We may advise you to stop breastfeeding for a short time.
- have any pee control (incontinence) problems. This is because radioactive substances will be in your pee (urine). You may need special instructions because of this.
- have problems with your memory or learning difficulties.
- need an interpreter (please tell us at least 3 days before your appointment).
- have help with personal care (paid or unpaid). Your carer may need some safety instructions after you have had your dose of radiation
- are arriving by ambulance please contact Department as soon as possible.

How do I prepare for the scan?

- You do not need to do anything to prepare for the scan. You may eat and drink normally.
- It is helpful if you have had plenty to drink before your scan.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens during the scan?

We will explain the scan to you. You will have a chance to ask questions.

We will give you small injection of a substance that will let the radioactivity to attach to your red blood cells. About 30 minutes later we will take you to the camera room. You will need to lie down on a couch with a camera close to your stomach. You will not need to undress, but you will need to remove any metal objects that are covering your stomach area.

We will give you the radioactive injection while you are lying down. We will start to take your images straight away. You will need to lie still for about 1 hour. We then look at your images to see if we need any more. Sometimes, we do have to keep taking images at intervals throughout the day. This can sometimes be the following day as well.

What happens after the scan?

- You will be radioactive after you have had your injection until the next morning. To minimise any risk to you and your friends, we ask you to:
- Drink plenty of extra fluids.
- Male patients should sit down to pee. Flush the toilet 2 times after use.
- Wash your hands thoroughly each time you use the toilet.
- Do not spend more than 30 minutes with anyone who is or maybe pregnant, small children or babies.
- There is no problem in returning to work. Please ask staff for advice if you work with radiation or in the photographic industry.

Are there any risks?

It is very unlikely that you will have any side effects from the radioactive injection. There is a small risk linked with the radiation you get by having this scan.

Ionising radiation can cause cell damage that may, after many years or decades, turn cancerous. We are all at risk of having cancer during our lifetime. The normal risk is that this will happen to about 50% of people at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment in around 1.3 years. Having this test will add only a very small chance of this happening to you. In fact, the risks from missing a serious disorder by not having this test may be much greater.

How will I get my results?

A radiologist will look at your scans. The results will be passed on to your consultant. They will talk with you at your next outpatient appointment.



Can I bring someone with me?

Due to the nature of the test, friends and relatives will not be allowed into radiation areas. This is unless we need their help.

Please do not bring children with you to your appointment. Radiation is more hazardous for children and pregnant women than for adults. Please do not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website www.leicestershospitals.nhs.uk

Who can I call if I have questions?

For specific information about your test, please contact (answering machine checked during office hours):

Leicester Royal Infirmary:	0116 258 5627
Glenfield Hospital:	0116 258 3850
Leicester Radiopharmacy Service:	0116 258 5579

If you cannot attend please let us know as soon as possible. This is so we can offer your appointment to another patient. You may get a reminder by text message if we have your mobile phone number on our system.

If you have a question about your medical condition please contact your GP or the doctor who made your referral.

Useful websites

www.bnms.org.uk

www.radiologyinfo.org

www.patient.co.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk