

Having a renogram of your kidneys

Nuclear Medicine Service

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Information for Patients

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What is a Renogram?

This is a safe and simple procedure that uses a small amount of radioactivity to get images of your kidneys. It is done by a Nuclear Medicine Technologist and /or a Specialist Nurse. There may also be a trainee in the room.

If you cannot come for your appointment please call 0116 258 3850 as soon as possible.

You may get a reminder by text message if we have your mobile phone number on our system. Please make sure you respond to this.

Before your appointment, you **must** tell us if:

- you are pregnant, think you may be pregnant, or have just missed a period.
- you are breastfeeding. This is because radioactive substances can come out in breast milk and you may be told to stop breastfeeding for a short time.
- you have any incontinence problems. This is because radioactive substances will be in your (pee) urine and you may need special instructions because of this.
- you have problems with your memory or learning difficulties as we need to make sure you can follow the instructions for your test and after you go home.
- you have help with personal care (paid or unpaid), as your carer may need some safety instructions after you have had your dose of radiation.
- you need an interpreter (please tell us at least 3 days before your appointment)

If you are arriving by ambulance please contact the department as soon as possible

**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

How do I prepare for my scan?

Please drink plenty before you come (for example, 2 glasses of water). You may eat as normal. Please do not take any medication called **furosemide (sometimes known as a “water tablet”)** on the day of your test as this will affect the scan.

What happens when I arrive?

- You will be taken into a preparation room where the procedure will be explained to you and you can ask any questions that you have.
- We will also measure your weight so that we can calculate the dose of a drug that you will be given by injection. The drug will make your kidneys work a little harder for a short period of time. You will be given the injection either 15 minutes before the scan or 15 minutes into the scan. Your consultant will decide this and it is an important part of the test.
- A thin plastic tube (cannula) will be placed in a vein in your arm or hand. This is no more painful than having a blood test.
- You will be asked to drink some water or squash before the scan. You **do not** need to have a full bladder for this test, you can go for a pee before your scan. You will be asked to lie still on a couch in the camera room where we inject the radioactive injection through the cannula.
- The scan will be done straight away, at the same time as the radioactive injection. You will be left alone in the room some of the time. We will be able to see and hear you and you will be able to speak to us using an intercom. To get good quality pictures the gamma camera will be quite close to you. You will be fully dressed. You will not feel any side effects from the injection.
- A second 5 minute scan will be needed an hour after your radioactive injection.

How long will it take?

The first scan takes 30 minutes and the second scan will take 5 minutes. The full procedure will take about 1 hour 30 minutes.

What happens after my scan?

You will be mildly radioactive after you have your radioactive injection until the next morning. To reduce any risk to you and your family and friends, we ask you to:

- Drink plenty of extra fluids
- Flush the toilet 2 times after use (men should sit down when going for a pee).
- Wash your hands thoroughly after each time you use the toilet.
- Avoid close contact (for more than 30 minutes) with anyone who is or may be pregnant, small children and babies. You should also avoid close contact with young pets.
- Usually there is no problem in returning to work, but please ask staff for advice if you work with radiation or in the photographic industry.

How do I get the results?

A Radiologist will look at your scan and send the results to your consultant. Your consultant will talk about your results with you at your next outpatient appointment.

Are there any risks?

The drug that we give you to make your kidneys work harder can make you want to pee more often. This can last for 2 to 4 hours after your test. You should drink more during this time. Some patients feel discomfort as a result of this injection. If this happens, it is usually within minutes of being given the injection, and gets better as soon as you pee (emptying your bladder). If this pain becomes severe, please tell our staff immediately.

There is a small risk from 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 getting cancer during our lifetime. About 50% of people will get cancer 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 about 4 months. Having this test will only increase your risk of getting cancer by a very small amount. The risks from missing a serious disorder by not having this test may be much bigger.

The radiation will not stop you from driving a car, and will not make you feel sleepy. You can continue to take your normal medication unless told by us or your doctor.

Useful information

Please do not bring children or pregnant women with you to your appointment, as they are more at risk to the effects of radiation.

If you need hospital transport, please see our website <https://www.leicestershospitals.nhs.uk/patients/patient-and-visitor-services/patient-transport-travel/> or call TASL on 0345 241 3012 at least 3 days before your appointment.

Directions to Nuclear Medicine

- Leicester Royal Infirmary – Level 0, Sandringham Building (behind the multi-storey car park).
- Glenfield hospital– The department is best reached via the east entrance.



Contact details

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

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital: 0116 256 3850

Leicester Radiopharmacy Service: 0116 258 5579

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

Useful websites

www.leicestershospitals.nhs.uk/aboutus/departments-services/imaging-services/nuclear-medicine/

www.informed-scan.com/types-of-imaging/nuclear-medicine

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