

Having a 3 phase bone scan

Nuclear Medicine Service

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Information for Patients

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What is a 3 phase bone scan?

This is a safe and simple procedure, using a small amount of radioactivity to get images of your bones. It takes place on a single day.

It is done by a **nuclear medicine technologist** or a **specialist nurse**. There may also be a trainee in the room.

If you cannot come for your appointment please call 01162585627 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 all of 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 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 make sure you are well hydrated (drink a couple of cups of water) before coming to your appointment. You can eat and take your medication as normal.

What happens during my scan?

You will have time to talk to a member of staff about the procedure and ask any questions. You will have 2 appointments on the same day, the first will take between 15 and 30 minutes and the second between 30 minutes and 1 hour 30 minutes. The full procedure could take about 5 hours, this includes 3 hours between appointments when you are free to leave the department.

1st appointment

You will be taken into the camera room where you will need to lie on a bed. You will not need to get undressed. You will be given a small radioactive injection (this is no more painful than having a blood test). We will then take images for about 10 minutes. You are then free to leave the department until your second appointment time. You will not feel any side effects from the injection; it does not make you feel sleepy and does not stop you from driving a car.

After your injection you will need to drink plenty of fluids and go to the toilet often. This will both reduce the small radiation dose you get and improve the quality of your second scan.

2nd appointment (on the same day)

You may be asked to go to the toilet before going in to the camera room. You will be asked to lie still on a bed while we take images of your bones. The time needed for these is different depending on the images your doctor has asked for. To get good quality pictures the **gamma camera** will be quite close to you and you may be left alone in the room. The camera will not touch you and is very quiet. There is a large window and intercom so we will be able to see and speak to you.

After this we will contact our radiologist who will decide if more pictures are needed. If more pictures are needed they may take up to an hour. This may also include a CT scan to give us extra information. This means you will get a very small extra dose of radiation.

You may also be sent for an X-ray after the scan and this is done in the X-ray department.

What do I need to do after my scan?

You will be radioactive after you have had your 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 twice after use (men should sit down when going for a pee)
- Wash your hands thoroughly each time you use the toilet.

- Avoid contact (for more than 30 minutes) with anyone who is or may be pregnant, small children and babies.
- 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.

Are there any risks?

Ionising radiation can cause cell damage that may, after many years or decades, turn cancerous. We are all at risk of getting cancer in 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 amount you would get from the environment in about 15 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.

How will I get the results of my scan?

Your scan will be looked at by a **radiologist** and the results given to your **consultant**. The **consultant** will talk to you about the results at your next **outpatient appointment**.

Directions to Nuclear Medicine

Glenfield Hospital - The department is best reached via the East Entrance

Leicester Royal Infirmary - Level 0, Sandringham Building (behind the multi-storey car park)

Useful information

You may want to bring a relative or friend with you to your appointment. Due to the nature of the examination, friends and relatives may not be allowed into the room during your examination.

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

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



Contact details:

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

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital: 0116 258 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 sent you for this scan.

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 અસ્ય 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

Previous reference:

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