

Having a DaT brain scan

Nuclear Medicine Service

Information for Patients

Last reviewed: November 2023

Updated: March 2024

Next review: November 2026

Leaflet number: 448 Version: 4.1

What is a DaT brain scan?

This scan is a safe and simple procedure that uses a small amount of radioactivity to get images of an area of your brain. These images can show conditions not found with X-rays or other tests. This procedure happens on a single day. It is done by a Nuclear Medicine Technologist. There may also be a trainee in the room.

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

Before your appointment, 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 and you may be told to stop breastfeeding for a short time.
- have any incontinence problems. This is because radioactive substances will be present in your pee (urine) and you may need special instructions because of this.
- 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.
- have help with personal care (paid or unpaid), as your carer may need some safety instructions after you have had your dose of radiation.
- need an interpreter (please tell us at least 3 days before your appointment).
- have an allergy to iodine.
- 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 a DaT brain scan?

You may need to stop taking some of your medication. If you need to do this, we will contact you before your appointment.

What happens during the scan?

The full procedure will take about 5 hours. This includes 3 hours in between appointments when you can leave the hospital.

1st appointment:

- You will be taken into a room where the procedure will be explained to you and you can ask any questions.
- You will be given 2 tablets / liquid containing potassium iodide. This is to reduce the radiation dose to your thyroid.
- 1 hour later you will have a radioactive injection into a vein (this is no more painful than having a blood test).
- You are then free to leave the department until your second appointment time.

2nd appointment (on the same day):

- You will be asked to lie down on a couch on your back. Your head will be supported in a special headrest to help you keep as still as possible for your scan. You will not need to get undressed.
- To get good quality pictures the gamma camera will be very close to your head and will move around your head, but it will not touch you. There may be some slight noise when the camera moves.
- You may be left alone during your scan, but there is a large window and intercom so we can monitor you.
- This second appointment will take between 40 to 60 minutes. In some cases this time can be longer.

What do I need to do after my scan?

You will be radioactive after you have your injection, and for the next 2 days. To reduce any risk to you and your family and friends, we ask you to:

- Drink plenty of extra water or 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, babies and small children. You should also stay away from young pets.

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 not to by us or your doctor.

Usually there is no problem with you returning to work, but 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 from the radiation you get from 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 scan is very small. It is the same amount you would get from the environment in about 2 years. Having this scan will only increase your risk of getting cancer by a very small amount. The risks from missing a serious disorder by not having this scan may be much bigger.

How will I get the results of the scan?

Your scan will be looked at by a radiologist and results passed on to your consultant. This will be discussed with you at your next outpatient appointment.

Useful information

- You may want to bring a relative or friend with you. Due to the nature of the examination, they will not be allowed into the room during the procedure, unless we need their help.
- **Please do not bring children or pregnant women 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.
- For advice on hospital transport 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 scan please contact (the answer machine is checked during office hours):

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital: 0116 256 3850

Leicester Radiopharmacy: 0116 258 5579

If you have a question about your medical condition please contact your GP or the doctor who sent you for this scan.

Directions to Nuclear Medicine

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

Glenfield Hospital: The best way to get to the department is via the East entrance.

More information

Useful websites:

www.bnms.org.uk

www.radiologyinfo.org

www.patient.co.uk

www.informed-scan.com/

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

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