

PREPARING FOR YOUR NUCLEAR MEDICINE SCAN

You will receive specific instructions from your healthcare provider who may require that you fast or refrain from taking certain medications. When you report for your appointment, you will be asked to remove all gold, silver, or other metals you may be wearing. You may prefer to leave your valuables at home.

You will need to provide your complete medical history, including medicines you currently take, or if you have allergies to medicine.

If you are, or suspect that you might be pregnant, please tell your healthcare provider, nurse or technologist.


A complete scan usually takes about an hour although some exams may take longer. Your prompt or early arrival will be appreciated.

Mr. Ms. Mrs.

_____ has an appointment

- Monday Tuesday Wednesday
 Thursday Friday Saturday

Date _____ at _____ AM/PM

 **PROVENA**
 Saint Joseph Medical Center
 333 North Madison • Joliet, IL 60435
 (815) 741-7591

TYPES OF NUCLEAR SCANS

Nuclear medicine scans and the radioactive materials used in the process are specific to the area being examined for diagnosis. Each kind of scan is used to assess the condition and performance of certain body organs. The following is a list of the common scan types.

BONE SCANS

These scans are used to examine fractures, infections, and tumors of bones.

BILIARY TRACT/GALLBLADDER SCANS

Used to identify the existence and severity of disease in the region of the liver and gallbladder.

LIVER SCANS

Used to check for abnormalities in the liver.

LUNG SCANS

Used to confirm or identify blood clots.

NUCLEAR MYOVIEW STRESS TESTS

Used to identify and evaluate disease in coronary arteries.

THYROID SCANS AND THYROID UPTAKES

Used to examine the thyroid for over or under activity, tumors, and disease.

Nuclear Medicine Scan

What you need to know...



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WHAT IS A NUCLEAR MEDICINE SCAN?



Especially useful in the diagnosis of abnormalities of the bone, gallbladder, heart, liver or thyroid, these scans produce highly detailed pictures by computer. Only specially trained and certified nuclear medicine technologists perform the procedure, and only nuclear medicine physicians evaluate the results.

The scan requires the use of a tiny amount of radioactive material, called radionuclide. In this medical application, radioactivity is used beneficially. The procedure is completely safe and painless.

The radionuclide is introduced into your system orally or with an IV injection. As it travels to the area to be examined, a special imaging machine called a gamma camera makes precise images of the area.

Different radioactive materials are used depending upon the organ or gland to be examined.

Specific nuclear scans are named according to the organ system being evaluated such as bone scan, liver/spleen scan, lung scan and so on. See the back panel of this brochure for a more in-depth explanation of a variety of common scans.

All traces of the radionuclide disappear from your system in 1-2 days with most exams. In the years since the development and use of this procedure, there has been no evidence of danger caused by radiation used in this exam. Complications and/or side effects are rare.

DURING THE EXAM

The technologist will probably begin with a few simple questions. In most cases, you will be allowed to wear your street clothes into the gamma camera room, where you will lie on a table near the camera. Next, the radionuclide will be ingested or injected and you will be asked to change positions several times as the camera is rotated.

You will be asked to remain perfectly still for several minutes at a time while each image is recorded. Occasionally, you may be asked to stay motionless for up to 15 minutes. A complete scan usually takes no more than an hour although some exams may take longer. Check with your healthcare provider's office for the estimated time required in your case.

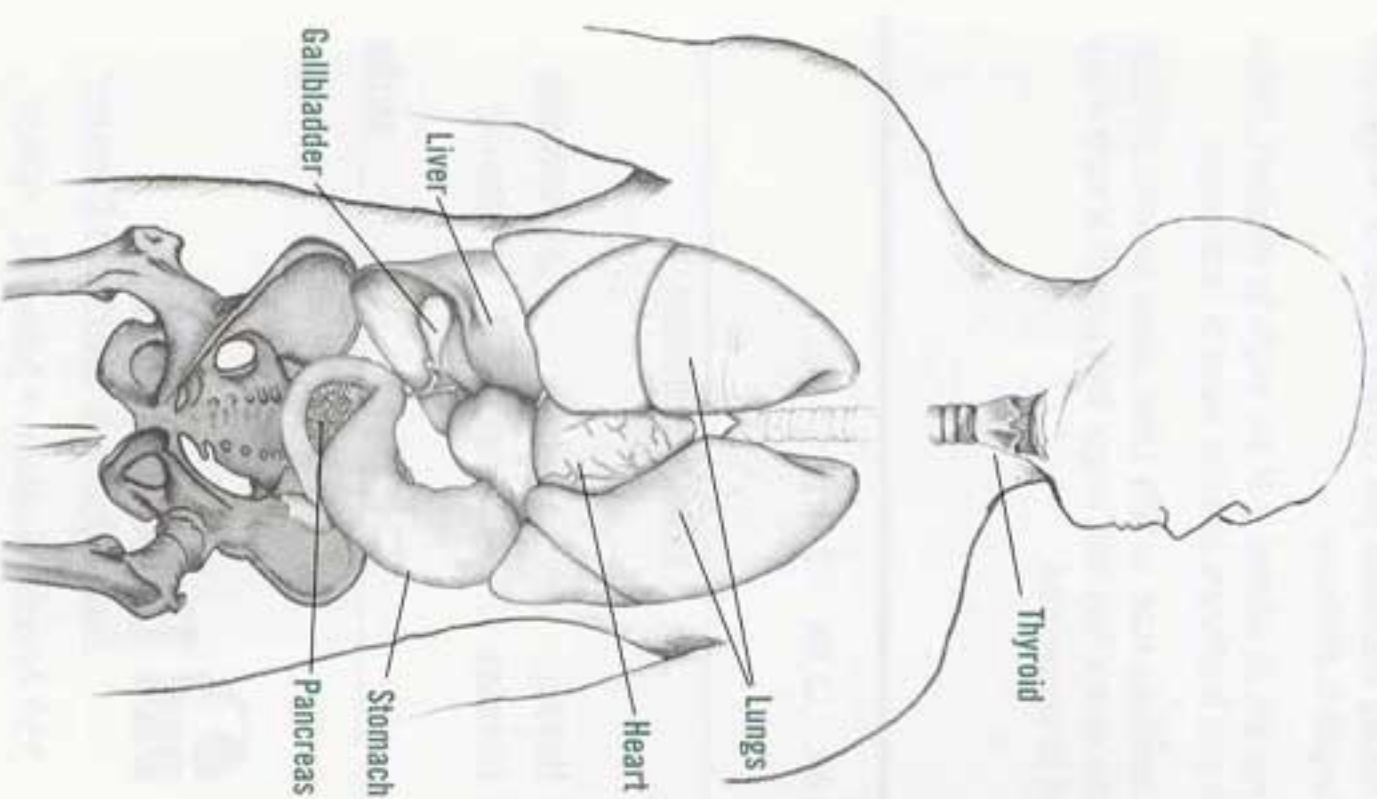


AFTER THE EXAM

As soon as the scans have been reviewed for clarity, you will be allowed to go home. If more pictures are necessary, they will be taken at this time.

Unless your healthcare provider advises otherwise, you may resume normal diet and activities immediately.

Your nuclear medicine physician will study your scan and forward the results on to your healthcare provider. He/She in turn will discuss the results with you. There may be a recommendation for further testing or a treatment plan may be outlined. Make sure you have a clear understanding of your test results and their impact on your health. If you have questions, feel free to ask your healthcare provider.



SITES OF POSSIBLE NUCLEAR SCANS