

## DEPARTMENT OF RADIOLOGY Lister Hospital

### Nuclear Medicine Your Child's Visit

#### What is a Nuclear Medicine Scan?

It is a specialised procedure using a small amount of a radioactive tracer, which allows us to investigate the bones or organs of the body using a Gamma Camera linked to a computer.

#### What happens during the procedure?

- The professionals who will carry out your child's examination are Radiographers and Radiologists whose specialty is Nuclear Medicine. They will explain the procedure and you will have an opportunity to ask them questions.
- A local anaesthetic cream is put on several areas on your child's arms, hands and feet. This is left until it has taken effect after which a small amount of radioactive tracer is injected intravenously.
- Depending on the type of scan which has been requested, the scan may be performed immediately or after a delay. If there is a delay between the injection and scan time, you and your child may leave the hospital. This will be indicated by the scan time on the appointment letter. During this time your child may eat and drink as normal.
- Your child will be required to lie with a Gamma Camera positioned near them. They will feel no discomfort from this and no ill effects from the scan. They will however be required to stay very still during the scan. You will remain with your child for the duration of their visit to the Nuclear Medicine department.
- The time taken for the scan will vary according to the area being scanned. Kidneys scans, for example, will take about 30minutes.

#### Are there any special preparations?

- Your child can eat and drink normally and continue to take any prescribed medicines. If there is any specific preparation for the scan, it will be included on the appointment letter.
- You may bring your child's favourite toys and a DVD to watch whilst they are being scanned.
- Normally your child will not be required to undress for the scan, but they may be asked to remove any metallic items and shoes.

#### Are there any precautions?

- Your child will be mildly radioactive for 24hours after the injection and should avoid close contact with other young children and pregnant women for the first 6 hours after the injection.
- Your child should avoid any other procedures outside of the Radiology Department on the day of the scan.

#### Please Note:

- The radioactive tracer required for this examination is ordered especially for your child. If they are not able to attend, please let the department know **as soon as possible** so that it can be used for someone else.
- We are unable to provide childcare, so please do not bring any other children with you as they will not be allowed into the clinical or scanning rooms.
- Occasionally emergency cases arise which cause unavoidable delays to booked patients.

### Are there any risks?

- The radioactive tracer gives off a small amount of energy in the form of gamma rays which are similar to X-rays. There are small risks associated with being exposed to radiation, however the radiation quickly decays and the total amount of radiation involved is kept as low as possible.
- The substances we inject are non-toxic and will not make your child feel sick or drowsy.
- We are all exposed to natural radiation from the environment. Each Nuclear Medicine scan gives a small additional dose on top of this natural background radiation. The level of the dose varies from a few days to a few years, depending on the examination. This additional dose may add very slightly to the risk of, for example, developing a cancer. However as one in three of us will develop a cancer at some stage during our lives, the added risk is very small.
- The benefits from making the right diagnosis, and consequently giving your child the right treatment, outweigh any small risk involved. Indeed the risk to your child's health from not having the examination is likely to be much greater than from the radiation itself.

### After the Scan

- Your child may eat normally and should be encouraged to drink more fluids than normal for the rest of the day.
- We recommend that your child should not return to school for the remainder of the day.

### How do I get the Results?

The consultant Radiologist, who specialises in Nuclear Medicine, will study the images and send a report directly to the doctor who referred your child for the scan

### Questions?

If you have any questions concerning this procedure, please ring the Radiology department between 9am and 4.30pm,

Monday to Friday on 01438 284859.

Outside these hours you can leave a message on our answer phone and we will call you back on the next working day.

### Public Transport

Please visit [www.intalink.org.uk](http://www.intalink.org.uk) or phone 0300 123 4050 for details of bus and train routes, timetables and fares.

### Health Shuttle

Door to door journeys to Lister can be booked on the Health Shuttle from certain areas. Please phone 01438 726219 for fares and details.

### Feedback

The Radiology Department welcomes feedback on our service and our information leaflets. Alternatively you may wish to contact the Patients Advice & Liaison Service.

### Patient Advice & Liaison Service (PALS)

Tel no: 01438 284779 (Lister)  
01707 229045 (QEII & HCH Hospitals)