

# Your Visit to the Nuclear Medicine Department

Information and advice for patients

## General Information

City Hospital

Dudley Road

B18 7QH

Tel – 0121 507 4427 (main office)

## Where is the department located?

The department is situated beside the X-ray department at City Hospital. From the main hospital entrance (NOT the Treatment Centre), go past COSTA coffee to the main corridor and X-ray/Imaging department door is on your right. Use the buzzer to gain access. The Physics and Nuclear Medicine department is then signposted through X-ray, following a blue line on the floor.

## What is involved?

For most tests (but not all), the radioactivity is injected into a vein in your arm. Other tests involve a radioactive tablet or meal. Pictures or samples are taken later. For most tests involving pictures you will have to stay still on a bed. The camera will be quite close to you. You do not normally need to take off your clothes and after the test you can go home.

## How much radiation is involved?

The amount of radiation you receive is very small, it is similar to that from a CT scan.

## Can I bring a friend / relative with me?

Due to limited space in our waiting room, we ask that patients attend appointments alone where possible.

## Will it hurt?

Only the "pin-prick" of the injection may hurt a little, just as with a blood test.

## How long do I wait?

Different tests require different waiting times, from a few minutes to a few hours. It may be that other patients who arrive after you will have their pictures sooner than you for this reason. You may be able to leave the department during the delay between injection and scan.

## How long does the test take?

Please read the details in your appointment letter.

# Your Visit to the Nuclear Medicine Department

Information and advice for patients

## **Do I need to prepare for the test?**

Please read the details in your appointment letter

## **If I am taking tablets or other drugs, do I need to stop them?**

For most tests there is no need to change any regular treatment. If you do need to stop taking a drug you will be informed, or asked to call us with a list of your medication available.

## **What about pregnancy?**

Please tell us before your test if you are pregnant or if you think you may be pregnant. (Have you missed a period?) Some tests may need to be delayed.

## **What about breast feeding?**

Please inform the nuclear medicine department before your test and you will be advised about whether it is necessary to stop feeding for a period of time.

## **Do I need to do anything after the scan?**

Not usually. However, you may be asked to avoid close contact with children or anyone pregnant for 24 hours after the test. This may prevent you attending the cinema/theatre that evening for example.

## **Can I return to work after my scan?**

This depends on the type of test you are having. Most patients will be able to return to work the same day. Please ask staff for advice.

## **What happens to the results of the scan?**

The report and pictures are sent to the doctor who asked for the scan, this is often a doctor at the hospital rather than your GP.

## **If the appointment is for your child can parents help?**

We need your help to keep a friendly atmosphere, so that your child feels secure. During the test your child will need to keep still. They may be able to watch a DVD, or you can tell him/her a story.

## **Do I need to take special precautions with nappies?**

Normal hygienic measures are sufficient and no special precautions are necessary. Please remember to wash your hands. Our staff will advise you on whether you need to store nappies before disposing of them.

# Your Visit to the Nuclear Medicine Department

Information and advice for patients

## Are there any precautions for brothers/sisters?

Preferably, only children who are patients should come to the department. Your child should not sleep in the same bed as other children for 24 hours after the test.

## Can my child return to school or nursery after the test?

Your child can return on the day after the test.

## Do meals need to be changed?

Unless you are told otherwise your child should be fed normally. Please bring sufficient food for the duration of the test.

## Further information

British Nuclear Medicine Society (2013) Patients and carers. Available at:  
<https://www.bnms.org.uk/page/PatientsCarers> (Accessed 7 January 2021).

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



A Teaching Trust of The University of Birmingham  
Incorporating City, Sandwell and Rowley Regis Hospitals  
© Sandwell and West Birmingham Hospitals NHS Trust

ML6329

Issue Date: July 2021

Review Date: July 2024