



York Teaching Hospital
NHS Foundation Trust

Nuclear Medicine Kidney Scan

Information for patients, relatives and carers

① For more information, please contact:

Radiology Department

The York Hospital
Wigginton Road, York, YO31 8HE

Nuclear Medicine
Tel: 01904 725936

Or

Scarborough Hospital
Woodlands Drive, Scarborough, YO12 6QL

Nuclear Medicine
01723 342073

About this leaflet

In this leaflet we tell you about the procedure known as a Nuclear Medicine kidney scan. We explain what is involved and what the possible risks are. The information in this leaflet is not meant to replace informed discussion between you and your doctor, but can act as a starting point for such a discussion.

What is a Kidney Scan?

This is a Nuclear Medicine diagnostic test that uses a radioactive tracer to enable us to image the function of your kidneys.

Are there any alternatives?

Nuclear Medicine scans use radioactive tracers to get information about tissues and organs that cannot be obtained using other scanning techniques. The doctor has decided this test is the most appropriate for you.

How do I prepare for the scan?

There is no special preparation required. You can continue to eat and drink normally. You can bring a relative or friend with you but they will have to wait in the waiting room while you have your scan. Please do not bring children or pregnant adults with you to your appointment.

What happens on arrival?

You should report at the Radiology reception, where you will be informed where to wait until a member of the Nuclear Medicine team collects you.

The procedure will be explained to you and you will have opportunity to ask any questions you may have about the scan.

You will be given an injection of radioactive tracer and there will be a delay of three hours before you will be scanned. During this time you may leave the Radiology department and hospital if you wish.

A member of the nuclear medicine team will confirm what time you should arrive back for your scan.

Why do I have to wait three hours?

The kidneys filter the tracer out of your blood stream. It is important that we have the maximum amount of radioactivity in your kidneys and very little left circulating in the blood. Evidence has shown that the best time to get an image is three hours after the injection.

What does the scan involve?

The scan is done using a machine called a gamma camera. You will not need to remove your clothes for the scan, but may be asked to remove large metallic objects, such as belt buckles. The Nuclear Medicine staff will check this for you before your scan.

You will be asked to lie on a bed while the gamma camera takes the pictures. This process takes around 20 minutes and you will be required to lie still throughout.

What happens after the scan?

After the scan you and you will be free to leave the Nuclear Medicine department.

We recommend that you drink plenty of fluids for the rest of the day as this will help the kidneys flush any remaining tracer from the body.

Are there any risks or complications?

Nuclear Medicine procedures are among the safest diagnostic imaging tests. Side effects from the radioactive tracers are extremely rare and usually mild, for example a rash, itching or nausea. If you to have any side effects it would normally be within a couple of hours of the injection and may last up to 48hours.

The amount of radioactive tracer injected is very small, and after 24 hours the majority of the radioactive tracer will have passed out of your body.

The scanning procedure is not painful.

This scan is not recommended for pregnant women. If you are pregnant, or might be pregnant, or if you are breastfeeding, please let us know before your appointment

Further guidance has been published by Public Health England, visit website

<https://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice>

Results

You will not be given the results on the day of your scans. A report will be sent to the doctor who asked us to do the test. They will then let you know the results.

What if I have any other questions?

If you have any worries or questions about your scan, please feel free to telephone us on the telephone numbers below and we will be happy to answer any questions you may have.

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|-------------------------------|--------------|
| York Nuclear Medicine: | 01904 725936 |
| Scarborough Nuclear Medicine: | 01723 342073 |

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Nuclear Medicine, Radiology Department, Scarborough General Hospital, Woodlands Drive, Scarborough, YO12 6QL or telephone 01723 342073.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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Telephone: 01904 725566

Email: access@york.nhs.uk

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