

Nuclear Medicine Lacrimal Scan

Information for patients, relatives and carers

① For more information, please contact: **Radiology Department**, Nuclear Medicine, York Hospital, Wigginton Road, York, YO31 8HE. Telephone: 01904 725936 or e-mail: yhs-tr.ctconfirmations@nhs.net

About this leaflet

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

What is a Lacrimal scan?

A Lacrimal scan shows how well your tear ducts are working and what they look like. Your doctor may have requested this scan if you have dry eye syndrome or very watery eyes.

Are there any alternatives?

There may be alternative tests available. Your doctor has decided this test is the most appropriate for you. If you have any concerns, please discuss them with the doctor who referred you to us.

What preparation is needed before a Lacrimal Scan?

There is minimal preparation required. You do not need to undress for your scan, but we will ask you to remove any contact lenses or glasses.

We recommend not wearing any make up on the day of your scan. If you do wear makeup, you will be asked to remove it before the scan.

What happens during the Lacrimal scan?

When you arrive at the Nuclear Medicine department, a member of staff will explain the scan to you, and you will have the opportunity to ask questions.

An eye drop, which contains a small amount of radioactive tracer will be put into each of your eyes. The radioactive eye drops should not make your eyes hurt or affect your vision. It will feel no different from normal saline drops.

You will then be asked to sit in front of the camera that takes the scan with your head against it. The drainage of your eyes will then be pictured over time. The scan takes around 16 minutes, and you will need to keep your head as still as possible during this time (blinking will not affect the scan).

After this, you will be asked to blow your nose and have another one-minute scan in the same position.

What happens after the Lacrimal scan?

After the appointment you can carry on as normal. You will not need to keep your distance from other people, and you can eat and drink as normal.

Are there any risks or complications?

Nuclear Medicine procedures are very safe diagnostic imaging tests. Side effects from the injection are extremely rare and mild, for example a rash, itching and nausea or headache. They usually pass after 48 hours.

The amount of radioactivity involved is very small, and after 24 hours the radioactive tracer will have passed out of your body. There is radiation in the air and ground all around us called background radiation. Most nuclear medicine scans give on average the equivalent of a few months to a year's worth of background radiation.

This examination is not recommended for pregnant women. If you believe you are, 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 Exposure to ionising radiation from medical imaging: safety advice - GOV.UK (www.gov.uk)

How will I get my scan results?

You will not be given the results on the day of your scan. A report will be sent to the doctor who asked us to do the scan. 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 after reading this leaflet, please feel free to telephone us on 01904 725936, or email yhs-tr.ctconfirmations@nhs.net and we will be happy to talk to you.

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: yhs-tr.ctconfirmations@nhs.net.

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 yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

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.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Nicola Maycock, Radiographer
Date first issued	November 2025
Review Date	November 2028
Version	1 (issued November 2025)
Approved by	Nuclear Medicine Modality Meeting
Document Reference	PIL1766 v1

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