

# Bone Scan

## *PATIENT INFORMATION - What You Need to Know*

### DESCRIPTION OF EXAM

A bone scan is a Nuclear Medicine imaging procedure that allows a Radiologist to assess bone fractures, infection, injury and cancer which cannot be seen on a standard X-ray.

### PREPARING FOR YOUR EXAM - What to do before your exam:

Patient can eat and drink before exam. Patient can take any medication that they need. Patient should not be pregnant. If patient is breastfeeding please notify technologist at the time of exam. Wear comfortable clothing and avoid wearing jewelry and metallic objects. Arrive 30 minutes before your scheduled exam time to allow for registration.

### DURING THE EXAM

*Standard Bone scan*- Patient will be injected with a radioactive isotope in an injection room. The patient returns 2-3 hours later for imaging. Images will start from the top of the head to their feet, and a few additional spot views of the area of interest. Images will take about 1 hr. Patient must lie flat and still for the entire exam. If a SPECT of the area of interest is needed a third set of images will be taken while the patient lies flat on the table and the camera rotates in a circular motion around the patient's body. This SPECT portion will add an additional 30 minutes to the exam.

*3 phase bone scan* - Patient will come in, be positioned under the camera and will then get injected with a radioactive isotope while the area of interest is under the camera. Immediate pictures will be taken of the area of interest. The first set of images takes about 30 minutes. The patient returns 2-3 hours later for imaging. Images will start from the top of the head to their feet, and a few additional spot views of the area of interest. Images will take about 1 hr. Patient must lie flat and still for the entire exam. If a SPECT of the area of interest is needed a third set of images will be taken while the patient lies flat on the table and the camera rotates in a circular motion around the patient's body. This SPECT portion will add an additional 30 minutes to the exam.

### AFTER YOUR EXAM

Drink plenty of fluids after your exam to help wash out the radioactive tracer from the body more quickly. There are no side effects from the radioactive tracer. The amount of radioactivity you receive is very small amount and is not harmful to you or anyone else. If breastfeeding, it is recommended to pump milk and discard for 4 hours after exam.