



Patient & Family Guide
2018

Bone Scan

Aussi disponible en français :
Scintigraphie osseuse (FF85-1956)



www.nshealth.ca

Bone Scan

What is a bone scan?

Bone scans are used to diagnose various conditions in your bones. They are done in the Nuclear Medicine Department. A very small, safe amount of radioactive material (radioisotope) is injected into a vein. A special gamma camera is used to take pictures of the radioactivity.

Who will do the test?

A technologist will do the test. A specially trained doctor (Nuclear Medicine physician) will read the results.

How do I get ready for the test?

It is very important to tell the technologist if you:

- › may be pregnant
- › are breastfeeding
- › have had any recent nuclear medicine procedures

What should I wear and bring?

- › wear warm comfortable clothing without buttons or zippers
- › wear footwear that is easy to get on and off
- › leave all jewelry at home

- › bring a warm sweater without buttons or zippers in case it is cold
- › empty your pockets

How is the test done?

- The radioisotope will be injected into a vein in your arm.
- The camera will be positioned over the area to be studied. Pictures may be taken while the injection is being given. You will have to stay very still for these pictures but you will not feel any discomfort.
- You will be asked to come back in 3–4 hours to finish your scan. This gives time for the radioisotope to be taken up by your bones.
- Try to drink 2–3 glasses of liquid, such as tea, water, or juice, while you are waiting. You should also empty your bladder (pee) several times during the waiting period, and again right before the scan starts. This will help us get better images of your bones.
- The scan will take about 30–90 minutes depending on the number of pictures needed. If the doctor asks for extra pictures, it may take an extra 5–30 minutes after the first scan is done.
- When you are having your bone scan, the camera may move up or down. This is normal.

- If you have any concerns or questions, please talk with your technologist before the scan.

Will the radiation hurt me?

No. The dosage of the radioisotope is so low that it will not hurt you.

If you are not able to attend your appointment, please leave a message at 902-473-1595 so another patient can be booked in your time slot.

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Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.