

Bone Scan

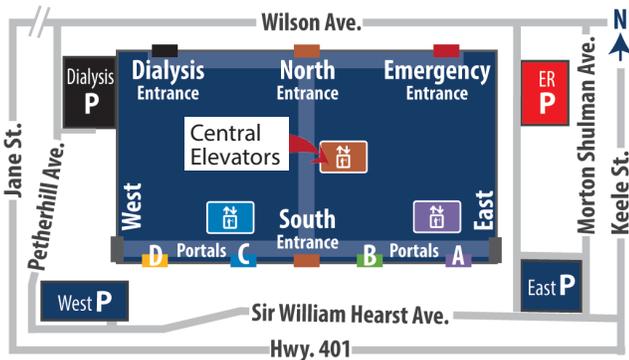
Appointment Information

You have an appointment for a **bone scan**. Please read this handout for information on how to prepare for your scan.

Location:

Medical Imaging - Nuclear Medicine
Humber River Health
1235 Wilson Ave., Toronto, ON M3M 0B2

We are located on the main floor (level 1), behind the Central Elevators. Follow the signs to Nuclear Medicine Registration.



Arriving by car (or Wheel-Trans): Use the South Entrance.

Arriving by TTC: Use the North Entrance.

Bring to the hospital:

- Your health card (OHIP) and photo ID.
- Water - you will need to drink about 24 ounces (3 cups) of water during the test.

Do not bring jewelry or other valuables.

What is a bone scan?

A **bone scan** is a test that will help us study your skeleton.

We will inject a small amount of radioactive material into your vein. As it moves through your body, your bones will pick up the radioactive material.

We then use a special camera to detect problem areas, which will absorb the radioactive material differently than normal areas.

How do I prepare for the scan?

TELL YOUR DOCTOR IF YOU:

- Are pregnant, think you may be pregnant, or are breastfeeding.
 - If you are pregnant, you and your doctor will discuss the safety issues of having the scan at this time.
 - If you are breastfeeding, we may postpone your scan or ask you to stop breastfeeding as the radioactive material we inject can transfer to the breast milk.
- Have any allergies, especially to any medicine. Share this information with your healthcare team and wear your MedicAlert® bracelet on the day of your scan.

ON THE DAY OF YOUR SCAN:

- Take your medicine as your doctor advised.
- Wear loose, comfortable clothing. Do not wear clothes that have zippers, belts or buttons made of metal.
- If you need support, you may have someone with you during the scan. Please do not bring young children or pregnant women.

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What can I expect during the scan?

BEFORE THE SCAN:

- Remove any jewelry, eyeglasses, hair clips, or metal objects you are wearing that may interfere with the camera.

DURING THE SCAN:

- The technologist will position you on the imaging bed, under a special camera. The technologist will then inject a small amount of radioactive material into your vein.
- The camera will detect the radiation from the radioactive material. Lie very still and breathe normally while the technologist takes pictures. You will not feel anything.
- It will take 2 to 3 hours for your bones to fully pick up the radioactive material. While you are waiting, you will need to drink 3 8-oz glasses of water and empty your bladder often to flush the radioactive material from the other areas in your body.
- The technologist will ask you to empty your bladder before we start the final scan.
- The technologist will position you on the imaging bed to take the pictures. This will take about 1 hour.
- During the bone scan, the technologist may also need to do a low dose CT scan.
- The whole scan will take about 3 to 4 hours.

AFTER THE SCAN:

- You may be able to go home soon after you have finished your scan.

How do I care for myself at home?

CARE INSTRUCTIONS:

- You may resume all your regular activities, unless your doctor tells you otherwise.

- Continue to drink extra fluid throughout the day to help flush the radioactive material out of your body.

TRAVEL INSTRUCTIONS:

- Small amounts of radiation from your body may set off radiation monitors at airports, border crossings, and waste disposal sites.
- If you will be in these areas (or travelling outside of Canada) in the near future, tell your doctor or technologist. They may provide a letter describing the medical scan you received.

RESULTS:

- A specially trained doctor will interpret your pictures and send a report back to your doctor. This usually takes several days.
- Your doctor may order other tests to gather more information.
- When your report is ready, you can view it on **myHumberHealth** (<https://myhumberhealth.ca>) or buy an electronic copy from **PocketHealth** (<https://hrh.mypockethealth.com/request>). Please make sure we have your correct email address at registration.

Are there any risks associated with this scan?

There is low risk from the radioactive material. Your body is able to get rid of the radioactive material completely within several days. In general, complications, side effects, and allergic reactions are rare with nuclear medicine procedures.

For more information, please contact:

**Medical Imaging - Nuclear Medicine,
Humber River Health**

Tel: (416) 242-1000 ext. 63823

7:00 a.m. to 4:00 p.m., Monday to Friday