

## Inflammation scintigraphy



Universitätsklinik für  
Nuklearmedizin  
PET Diagnostik Bern AG

Klinikdirektor  
Prof. Dr. A. Rominger



## Dear Patient

On behalf of our hospital and clinic management team, we would like to welcome you to the Inselspital Bern. You have been referred to the Department of Nuclear Medicine for an outpatient nuclear medicine procedure. This information leaflet contains further details on the examination preparation and procedure.

## General information

Nuclear medicine involves the use of radioactive substances to conduct functional and localization diagnostics for organs, tissues and systems, and treatment using open radionuclides. Radioactive tracers are used to visualise metabolic processes which enables the diagnosis of organ dysfunction without the need for invasive procedures. Camera systems allow the function of organs or body systems to be assessed externally.



## Registering for your appointment

- Please bring your Swiss health insurance card with you to your appointment.
- To register your data in the Insel system, please go to the Information Desk/ Patient Reception at the main entrance half an hour before your appointment. You will be given a number there. Once this number is called out, you will be told which cabin to go to for admission.
- Alternatively, you can register using our convenient online Patient Check-In via the Inselspital's homepage up to 48 hours before your examination appointment: [www.insel.ch/check-in](http://www.insel.ch/check-in)
- The examination will take place in the INO building, Level B. From the main entrance, follow the red dotted line on the floor to Waypoint 5. Take the elevator to Level B and then continue to follow the red dotted line to Waypoint 8 (Reception, Department of Nuclear Medicine).



## **Where does the examination take place?**

Department of Nuclear Medicine

INO B, North

CH-3010 Bern

Tel.: 031 632 24 54, Fax: 031 632 31 37

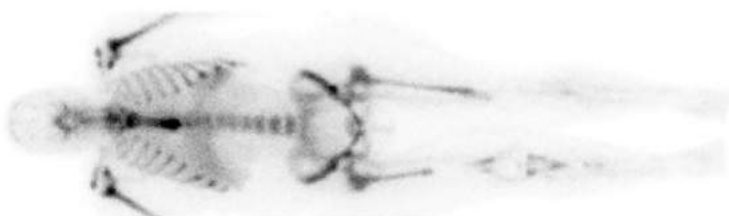
## **Information on the procedure**

### **Purpose of the examination**

The purpose of the examination is to locate possible centres of inflammation in the body.

### **Reason for the examination**

- Clarification of fever of unknown origin
- Detection of the presence, activity and spread of infection, in particular in joints and bone marrow
- Infection of vascular prostheses



### **Examination procedure**

A small amount of a radioactive substance (Tc-99m-labelled antibodies against white blood cells) will be injected into a vein in your arm. After approximately 6 hours, an initial examination will be carried out via camera (duration approximately 1 hour). A second examination is conducted after 24 hours (duration approximately 30 minutes). You do not need to wait at the clinic between examinations.

Where required, the examination can be supplemented by computer tomography (CT), which shines an X-ray beam through the body to produce an "anatomical map". A combination of both examinations (known as SPECT/CT examination) allows a more precise assessment of the nuclear medicine findings.



## **Preparation for the examination**

No special preparation is required for the examination. You can take your medication as usual and are not required to fast.

## **Risks and side effects**

Side effects associated with the substances used in the examination are generally extremely rare. Allergic reactions can occur very rarely in the presence of antibodies against mouse protein. The procedure can also be performed safely in children.

## **Exposure to radiation**

The radiation exposure from this nuclear medicine examination is equivalent to approximately twice the annual natural radiation exposure.



## **After the examination**

- On the day of the examination you should avoid prolonged close contact with children under 16 and pregnant women. A distance of 1m is sufficient.
- Drinking plenty of fluids and frequently urinating helps to flush the radioactive substances out of your body and reduce the exposure to radiation.
- Breastfeeding women should refrain from breastfeeding for max. 4 hours.
- Following the examination, you can carry out all further activities without any restrictions.

## **Please note the following**

If you need to cancel your appointment, please call to inform us (031 632 24 54) at the latest by 12:00 one working day prior to your scheduled examination. Failing this, we reserve the right to invoice you for the costs incurred.

**Department of Nuclear Medicine**  
Inselspital, Bern University Hospital  
CH-3010 Bern  
Tel. 031 632 24 54

[www.nukmed.insel.ch](http://www.nukmed.insel.ch)

