

Bone scintigraphy





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.

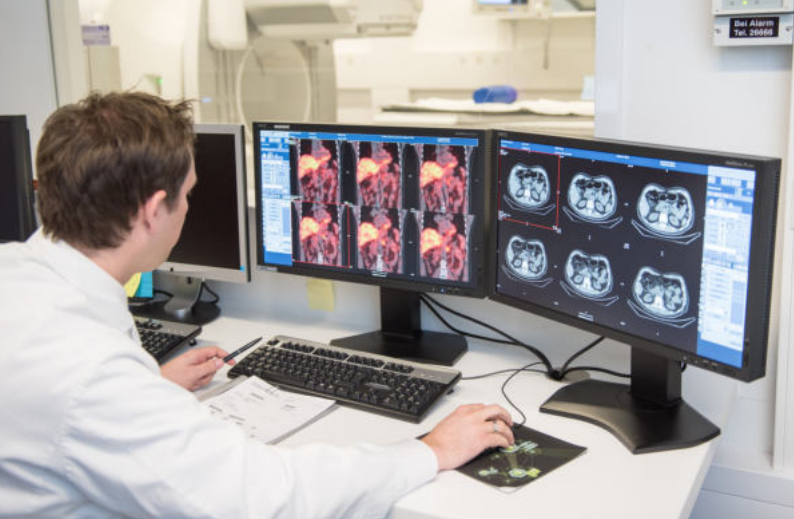
General information

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
- 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

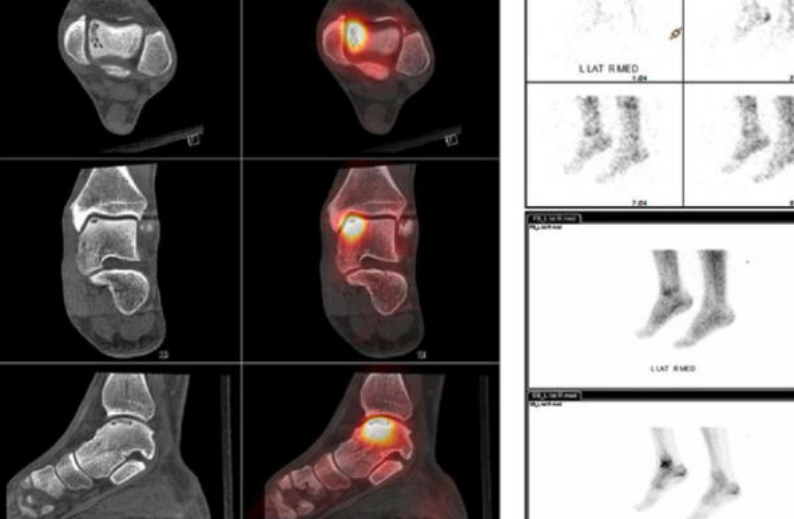
Information on the procedure

Purpose of the examination

The aim of the examination is to visualize metabolism in the bones and/or joints.

Examination procedure

A small amount of a radioactive substance will be injected into a vein in your arm. The substance takes about 3 hours to distribute in the bone. After this time, a scan will be taken via the camera (duration approximately 1 hour). You do not need to wait at the clinic for the time between the injection and the scan.



Please note

You will need to drink at least one litre of fluids during the waiting time between the injection and the scan. You can eat as normal.

Depending on the underlying condition (inflammatory bone or joint remodelling), a so-called "multi-phase bone scintigraphy" may be required. In this case, additional images will be taken after administration of the radioactive substance (duration approximately 30 minutes). As for standard bone scintigraphy, further images will be taken via the camera after 3 hours (duration approximately 1 hour).

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

There are no known side effects associated with the substances used in the examination. Allergic reactions are very rare. The procedure can also be performed safely in children.

Exposure to radiation

The radiation exposure from this nuclear medicine examination is approximately equivalent to 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 48 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.

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www.nukmed.insel.ch

