

## Renal 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](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

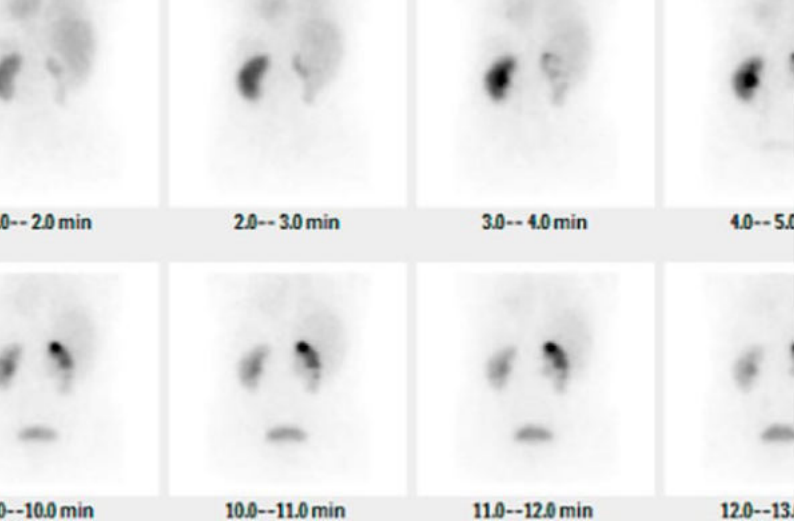
## **Information on the procedure**

### **Purpose of the examination**

The aim of the examination is to determine the function of both kidneys and assess the separate function for the left and right kidney. It is also possible to assess urine flow and diagnose flow obstruction.

### **Examination procedure**

The examination takes about 1 hour, including preparation time. First, small venous catheters will be attached to both arms. The scintigraphy is usually performed lying down and starts with the injection of a small amount of a radioactive drug



(radiopharmaceutical) through one of the venous catheters. A continuous series of images record the excretion of the radiopharmaceutical via the kidneys. To reliably assess the urine outflow from both kidneys, a diuretic drug will be administered halfway through the examination. Blood is taken from the other venous catheter at various times to determine the overall function of the kidneys.

### **Preparation for the examination**

In preparation, you will need to drink half a litre to a litre of water 30 to 60 minutes before the examination to encourage urination. You do not need to fast and can eat normally before the examination.

### **Risks and side effects**

Allergic reactions or other side effects are uncommon when administering radiopharmaceuticals, as only minimal amounts of the substance are used.



## **Exposure to radiation**

The radiation exposure from the kidney scintigraphy is equivalent to a fraction of the annual natural radiation exposure and is not influenced by the duration of the examination.

## **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 do not need to take a break from breastfeeding. However, it is recommended to refrain from breastfeeding for max. 4 hours.



## 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)

