

# BONE SCAN

## Information Sheet



### NORTH SHORE RADIOLOGY & NUCLEAR MEDICINE

North Shore Private Hospital  
Westbourne Street, St Leonards 2065  
Tel: (02) 8425 3684, Fax: (02) 8425 3690

Nuclear Medicine Physicians  
Dr Elizabeth Bernard FRACP  
Dr Paul Roach FRACP

# INSTRUCTIONS FOR PATIENTS HAVING A BONE SCAN

## What is it?

This is a test which can reveal many and varied bone and joint diseases. The test involves an injection into a vein of a small amount of a radioactive compound which binds to the calcium and phosphate in your bones.

A specialised camera is then used to take pictures of your skeleton.

## How is the test done and how long does it take?

During the first part of the test (which takes about 10-15 minutes), you will be given an injection into a vein (usually near the elbow). Depending on the reason for the scan, you may have pictures taken straight after the injection. You will then be asked to return 1.5 - 3 hours later for the second part of the scan. The scan itself takes about 30 – 45 minutes, depending on the extent and type of bone scan required. (The technologist will give you an indication of the likely time your scan may take on the day).

**May I leave the hospital after the first part my scan?**

Yes, you are free to leave the hospital between the first and second part of the scan. You may eat and drink as you wish.

**Is it painful and are there any side effects?**

No. There are no side effects or reactions with the injection. The injection does NOT contain iodine and is therefore safe to give if you have had a previous allergic reaction to contrast injections. Although you will be required to keep still during the scan, the procedure itself is completely painless. There is no need to hold your breath during the test.

**Should I take my normal medications?**

Yes. Take all of your usual medications.

**Can I eat and drink on the day of my test?**

Yes. There is no need to fast for any part of the bone scan

## What if I am pregnant?

The test is usually not performed in pregnant women, so if you know that you are (or think you might be) pregnant, please inform us before the test begins.

## Will I get the result when I leave?

Some tests require computer processing and therefore we will send the results directly to your doctor. However, often you will be able to take the scan with you. In such cases, there may be a delay of approximately 2 hours while the report is typed.

## Can I drive home after the scan?

Yes. You will not be drowsy in any way.

## What should I do on the day of the test?

Please remember to bring your requesting letter and any recent X-rays or CT scans. At the time of your appointment, report to North Shore Radiology and Nuclear Medicine, which is located on the ground floor of North Shore Private Hospital in Westbourne St.

If you have any questions please phone North Shore Radiology and Nuclear Medicine on **8425 3684**.

We will be happy to answer any queries that you may have.

An appointment has been made for you at

Time:

---

Date:

---

Estimate:

---

If you are unable to keep your appointment please notify us as early as possible so we can arrange a more suitable time.

Please bring with you all relevant previous x-rays and scans that you have in your possession.

## Parking

Metered street parking is available on Westbourne Street. Parking is also available in the multi-storey car parks P1 & P2. Concession, daily and weekly passes are available for purchase at the Parking Office located in the P2 multi-storey car park. The Parking Office also has information about long-term parking costs and conditions. Valet Parking is available from the main entrance of North Shore Private Hospital via Westbourne Street.



# NORTH SHORE RADIOLOGY & NUCLEAR MEDICINE

North Shore Private Hospital  
Westbourne Street, St Leonards 2065  
Tel: (02) 8425 3684, Fax: (02) 8425 3688

