

NUCLEAR MEDICINE PATIENT INSTRUCTIONS

Bone Scan SPECT

Patient: _____ Appointment Date: _____

Injection Time: _____ am/pm Scan Time: _____ am/pm

Location: Nuclear Medicine Department 1st floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Nuclear Medicine Department.

If you are unable to keep your appointment or have questions, please call 507-389-8519.

What is a/an Bone Scan SPECT:

This test is an imaging procedure that helps diagnose and track different types of bone conditions. The knees, hips and spine are common areas where this test is used to detect problems not seen on regular bone scan images.

How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are:
 - Pregnant or think you may be pregnant or breastfeeding.
 - Tell your provider if you have had a PET/CT scan in the last 48 hours.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Day of test:
 - Avoid wearing clothing with metal buckles, snaps, buttons or adornments.
 - Drink 4-6 cups (8 ounces each) of fluids. You may eat as you normally do.
 - If you are experiencing a cough at the time of the test, please bring cough suppressants/drops

What will happen during the test:

- You will receive an injection of radioactive material in your vein three hours before the scan. After this injection, you may leave the clinic but will return for your test at the specified time.
- The radioactive material will help your bones show up on the scan.
- You will lie on your back on the imaging table and images will be taken of your body with a special camera.
- You will need to lie still during the images. The test takes about 60 minutes.

Instructions for after your test:

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.
- You may return to your normal activities immediately.