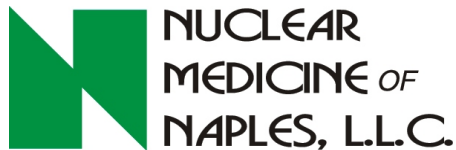


BONE SCAN

- ◆ How should I prepare for this test?
- ◆ What can I expect during The test?
- ◆ Answers to common questions.



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What Is A Bone Scan?

A bone scan is a nuclear medicine procedure which demonstrates the functional characteristics of the skeletal system by the injection of a small amount of a radioactive tracer called ^{99m}Tc- MDP (Methylene Diphosphonate). This material travels in the blood and deposits onto active growing bone cells. A gamma ray (similar to an x-ray) is attached to this tracer material allowing a camera to take images of the bones.

You may have scans taken of your entire skeletal system or of limited portions of your bones. Another alternative is known as a 3-phase bone scan which allows the evaluation of blood flow to a specific bone site. A total body bone scan produces images of the entire body, head to foot, and both front and back projections.

The common indications for a bone scan may include:

1. *To evaluate the extent of spreading of cancer into the bones.*
2. *Diagnosis of Paget's Disease .*
3. *Bone Fractures, sometimes*

undetectable by routine x-rays.

4. *Bone infection or vascular necrosis.*
5. *Bone infarcts.*
6. *Otherwise unexplained bone pain.*
7. *Abnormal x-ray or MRI.*

How Should I Prepare For It?

There are no eating or drinking restrictions, nor do you have to stop any current medications prior to this test.

What Can I Expect During the Test?

Check in at the facility at your scheduled time. Please have your insurance card(s) with you as well at the requisition form from your doctor. You will then meet with the technologist. He/she will explain the procedure to you and will inject the radiopharmaceutical into an arm vein, using a tiny needle. There are no side effects from this injection material. You may be scanned immediately and you will be asked to return in 2 ½ to 3 hours for additional scans. During

this wait time, please try to drink at least 16 oz or more of fluid (preferably water) and upon returning to the facility you will be asked to empty your bladder before having the scan.

You will then lie down flat on your back on an imaging table with your hands close to your side. Your entire body will be imaged in sections as you are positioned under a gamma camera (the sides of the machine are open, so you will not be enclosed for the duration of the pictures).

The camera will take 5 pictures. Each picture will last about 4 to 5 minutes. After each picture is taken the bed will move your body along the table until all images have been completed.

It is important to lie as still as possible during the scans.

A written report will then be sent to your physician upon completion of the test. Your doctor will then explain the results to you.

ANSWERS TO COMMON QUESTIONS

How long will the test last?

Two appointments are required. A very small injection is given followed 2 to 3 hours later by imaging which will last approximately 30 - 45 minutes

Some variations to protocol do occur and will be explained by the technologist.

How much radiation is involved?

The injection of 99mTc-MDP results in a radiation exposure to your body of approximately 2 mSv (SV is a unit of measurement for radiation exposure), and will be mostly gone from the body within 1 day.

In comparison, the amount of radiation you already receive from all naturally occurring sources on an annual basis from food, air, water, ground and fall out is approximately 3.0 mSv.

Do I have to stop taking any medications?

No.

Will I be able to drive after the test? Yes.

Are there any adverse reactions to the 99mTc-MDP isotope used to image the bones.

No. The isotopes contain NO DYE or IODINE.

Are there any contraindications?

If you are pregnant or there is a possibility you may be, or if you are breast-feeding, the test may be inappropriate for you at this time.

Will I be Enclosed within the Scanning Machine?

The first image of your skull bones requires that you remain still under the camera for approximately 5 minutes.

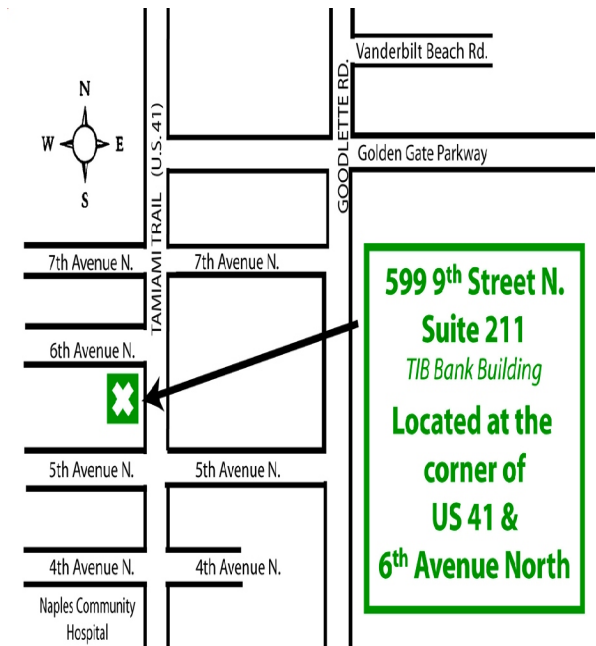
YOUR APPOINTMENT INFORMATION

DATE: _____

TIME: _____

Directions:

599-9th Street St. N., Suite 211
SW Corner of 6th Ave. N & Hwy.41
(west side of Hwy 41)
in TIB Bank Bldg. - Gold Bldg.



Phone: 239-263-8001