

**Bone Scan – A PET/CT
Exam of Your Skeleton**

You have been scheduled for a Bone Scan, which involves the use of a small amount of radioactive material. The level of radioactivity used is extremely low and has no side effects.

You will be positioned in a PET/CT camera. The camera moves from your head down to your toes to take pictures of your skeletal system.

Patient Information:

You will have 1 visit to the department. The waiting time between the injection and scan allows the radiotracer to concentrate in your skeleton, giving better images.

1. Please report to *Goshen Hospital* **15 minutes** prior to your scheduled test time. This time is to allow for the registration process. Please bring the written test order from your physician and your insurance cards.
2. After you are registered, a PET/CT Technologist will obtain your pertinent medical history, and you will receive an injection of a small amount of radioactive material through a vein in your arm or hand. You will be asked to relax for 60 minutes in one of our patient quiet rooms. During this time you may read a book or magazine and you may consume water or your favorite beverage.
3. After the waiting period, you will be asked to empty your bladder before your scan. The technologist will then position you flat on your back on the bed of the scanner and you will move slowly through the PET/CT scanner. The scan will take approximately 18 minutes.
4. The attending radiologist may review your pictures before you leave the department. Sometimes additional views or x-rays are necessary to compliment your test.

Patient Preparation:

- NONE.
- You may eat and drink before the test.
- You may take whatever medication you normally take.
- There are **no restrictions** for a Bone Scan.

Let the Technologist Know:

For the success of the scan and for your safety, tell the technologist if you:

- Are pregnant or breastfeeding (*or if there is any chance of pregnancy*).
- Have had a Bone Scan before (*or other tests pertaining to your symptoms*).
- Have had a recent Barium Study or x-rays using contrast.
- Have any fractures or joint replacements.
- Have had any bone surgeries, including recent dental work.

You may be asked about your overall health to aid in assessing your images.

For Best Results:

Relax and remain as still as you can. This will help ensure that the images taken will be clear and will not have to be repeated.

Scan Tips:

- Prepare for the test as instructed.
- Ask how long the test will take.
- Bring something you can do while waiting to have your scan.
- Be ready to talk about your health and any allergies you may have (*it may be helpful to write down surgery dates, medications, etc.*).



Fig. 3

My Appointment:

Date: _____

Time: _____

Place: ***Goshen Hospital***
200 High Park Ave.
Goshen, Indiana 46526
574-364-2429

IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT, PLEASE CONTACT THE PET/CT DEPARTMENT AT LEAST 24 HOURS IN ADVANCE OF YOUR APPOINTMENT AT 574-364-2429.

Notes:

After Your Scan:

Before leaving, you may have to wait briefly while your images are reviewed by a radiologist. Sometimes additional views or x-rays are necessary to compliment your test. You may then return to your normal routine. The tracer will leave your body within 8 hours. To hasten this process, drink extra water and urinate frequently for 24 hours after your scan. Your referring physician will receive a written report from the Bone Scan 24-48 hours after your test is complete.

What is PET/CT?

PET/CT is a medical specialty which uses safe, painless and cost-effective techniques to image different bodily functions. PET/CT imaging is unique in that it fuses organ function and structure in contrast to Diagnostic Radiology which is based on anatomy alone. PET/CT allows your physician to gather medical information which may otherwise be unavailable, require surgery, or necessitate more expensive diagnostic tests.

PET/CT uses very small amounts of radioactive materials or radiopharmaceuticals to diagnose and treat disease.

Radiopharmaceuticals are substances that are attracted to specific organs, bones or tissues. The radiopharmaceuticals used in PET/CT emit gamma rays which can be detected externally by a special type of camera called a PET/CT Scanner. These cameras work in conjunction with computers and are used to create images which provide data and information about the area of the body being imaged.



This patient information sheet was provided to you courtesy of Goshen Hospital PET/CT Department as part of our commitment to superior healthcare. This is for informational purposes only and is not intended as a substitute for discussion between you and your physician. Please consult with your physician or a member of our PET/CT Department staff if you would like more information about specific procedures.



200 High Park Ave.
Goshen, IN 46526

PET/CT Department

Phone: 574-364-2429
Fax: 574-364-2843

Information for our PET/CT Patients

Inform your physician if you are pregnant or breast feeding

BONE SCAN

What is a Bone Scan?

A Bone Scan is a special imaging test. It is used to find bone problems such as tumors, infections or fractures. A Bone Scan uses a small amount of an injected radioactive matter (tracer) and a camera to form an image. It is a type of PET/CT scan. Your doctor has decided that the value of this test outweighs any risk.