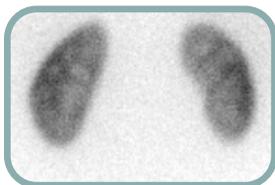


What happens to the results of the scan?

A specialist doctor will report the scan, the results are forwarded electronically to the doctor who requested the scan. In most cases, results are available within 48 hours.



How can I help?

You may find it helpful to talk to your child beforehand.

We need to keep a friendly atmosphere so that your child feels secure. Please bring with you something that is familiar to your child eg a doll, toy, books or DVD. You are most welcome to bring along a relative or friend for support. We welcome as much or little involvement with the procedure as you feel comfortable with.



Remember

- Relax, we are used to children
- Bring a favourite comforter or distraction for your child.
- The camera is large but it will not hurt.
- Feel free to ring us with any concerns.



Authorised by: Nuclear Medicine Quality Manager
Issued: May 2016
Ref: 3718

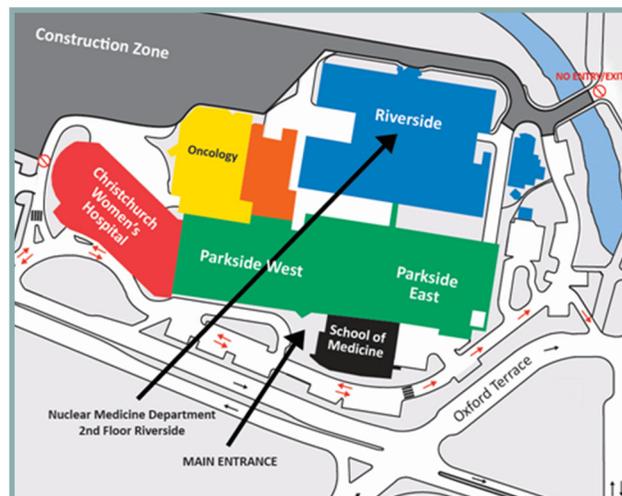
Where is the Nuclear Medicine Department?

The Nuclear Medicine Department is located at Christchurch Hospital on the 2nd Floor of the Riverside Block.

You can get to the department through the main hospital entrance on Riccarton Ave.

The **Heading to Christchurch Hospital?** brochure contains information on Park & Ride, Drop-off and Mobility Parking. You can also visit the CDHB website; cdhb.health.nz/parking

Please either allow extra time for parking or get someone to drop you off.



Nuclear Medicine Department
2nd Floor, Riverside Block
Christchurch Hospital
Phone (03) 364-0867
Fax (03) 364-0869

**Service Hours 8.00am to 4.30pm
Monday – Friday**
www.cdhb.health.nz/nuclear-medicine
[email nucappointments@cdhb.health.nz](mailto:nucappointments@cdhb.health.nz)

Nuclear Medicine Department Christchurch Hospital

Your Childs Visit to the Nuclear Medicine Department



Information for Parents and Guardians



Radiology Services

Canterbury

District Health Board

Te Poari Hauora o Waitaha



What is Nuclear Medicine?

Nuclear Medicine is a branch of medicine that uses small amounts of radioactivity to obtain pictures that show how different organs of the body function. This procedure is often referred to as a scan.

Why does my child need a Nuclear Medicine scan?

Your doctor has asked for a Nuclear Medicine scan in order to provide information about growth, organ function or to explain the cause of pain. Our Department performs lots of scans on children and babies every year.

What is involved?

Most scans require an IV injection. Parents/Caregivers of babies and younger children will be sent an appointment and information from Children's Outpatients, where an IV line will be inserted approximately 1 hour before our appointment.

If you wish to consider the use of local anaesthetic cream for your older child, please telephone the department ASAP and discuss this with the nurse.

All children and babies are weighed on arrival.



The amount of radioactivity is kept as low as possible because it is individually calculated for your child.

In older children, a small needle is used for the injection into a vein in the hand or arm. An IV line will be used if your child has had this inserted earlier.

You may hold your child during the injection if you wish.



After the injection, the scan may begin immediately or there may be a waiting time while the injection localises in the area of the body being studied.

Please refer to the appointment letter.

How will my child keep still during the scan?

We use Velcro bands to keep younger children still during the scan however movement is not totally restricted.

Our department has a limited selection of DVDs for children to watch while they are being scanned, parents are welcome to bring along any favourites. We also have a limited selection of books and toys. Distractions such as reading a book or listening to a DVD are usually effective in limiting movement. You may stay close to your child during the scan. Babies may be more settled if they have the comfort of a pacifier, bottle or toy.

Can you tell me about the radioactivity?

Exposure to radiation is:

Low: Only tiny quantities are used for diagnosis in children.

Short: Some of the radioactivity is excreted from the body through the urine or faeces and most will have disappeared naturally from the body by the next day.

Carefully Controlled: Facilities, equipment and materials meet strict safety standards.

All Nuclear Medicine staff are highly trained, safety conscious and have experience in dealing with small children.

Are there any precautions to follow?

It is preferable to use disposable nappies for the day of the scan. At home normal hygiene measures are sufficient and no special precautions are necessary. Please remember to wash your hands.

While we do not consider the radiation emitted from your child a hazard, we have the responsibility to keep radiation exposure to others as low as possible. For this reason we may recommend the following;

- Your child should not sleep in the same bed as other children for 24 hours after the scan.
- Your child should not go back to school, kindergarten or crèche until the day after the scan.

...if I am pregnant or breastfeeding?

If you are pregnant it is better to avoid close continuous contact with your child eg. sitting on your knee for more than 5 minutes in an hour. This applies during the first 6 hours after administration of the radioactivity. Since we need help to keep your child calm and comfortable, someone else should accompany your child throughout the procedure. You can continue breastfeeding, there are no problems for you or your child.