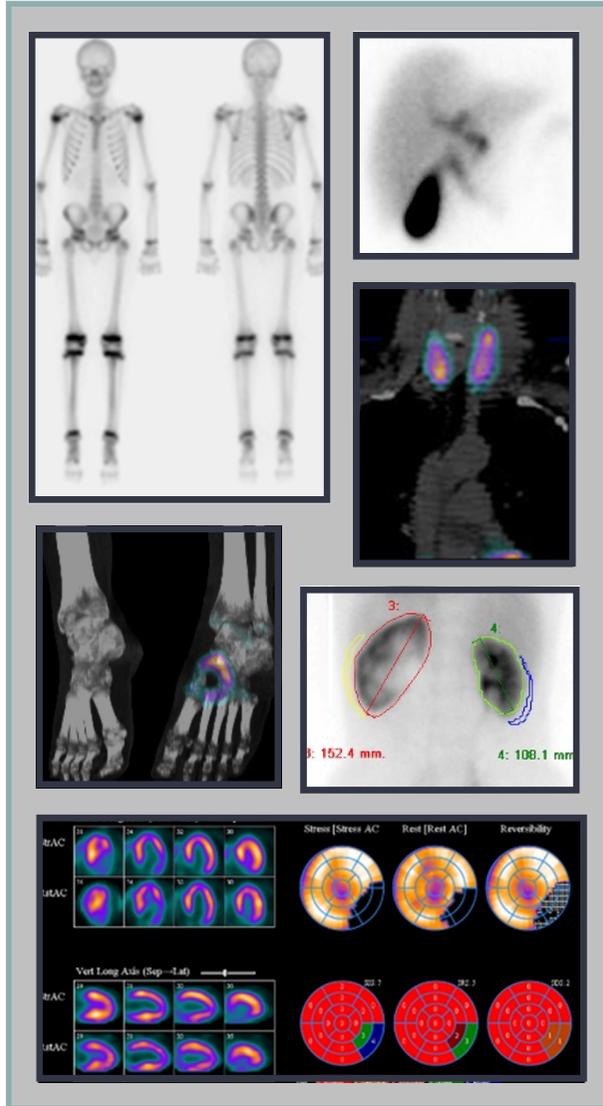


## What happens to the results of the scan?

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.



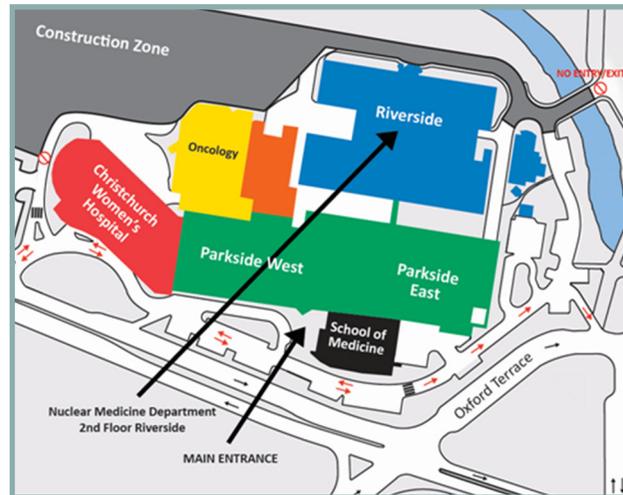
## Where is the Nuclear Medicine Department?

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](http://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](http://www.cdhb.health.nz/nuclear-medicine)  
email [nucappointments@cdhb.health.nz](mailto:nucappointments@cdhb.health.nz)

**Nuclear Medicine Department**  
**Christchurch Hospital**

## Your Visit to the Nuclear Medicine Department



## Information for Patients



**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. The scan pictures will help your doctor make a diagnosis or assess the severity of your illness.

## Do I need to prepare for the scan?

Your appointment letter will tell you if there are any special instructions, please read it carefully. Some scans will require dietary or medication changes, you are welcome to phone the department to discuss any details.

## Is there anything I should tell the staff before the scan appointment?

Yes, if you are a woman, please phone us if you are **pregnant**, or if you think you **may be pregnant**. Also, please tell us if you are breastfeeding.

## Can I bring a friend or relative with me?

We would welcome this as long as they are **not young children**.

## What is involved?

A small amount of radioactivity is usually injected into a vein in your arm. This is no more painful than a routine blood test.

We take the pictures either immediately or at a later time as given on your appointment letter. If you have more than an hour to wait, you will be able to leave the department during this interval.



## How are the pictures taken?

A specially trained technologist takes the pictures, while you are lying on a scanning bed. A gamma camera is positioned close to the area of the body being studied. The camera quietly picks up the signals from the radioactivity you received earlier. For some studies a short CT scan may be required.

Your appointment letter will tell you approximately how long your scan will take. You are welcome to bring an iPod if you wish to listen to your own music during the scan.

The key to having a successful Nuclear Medicine scan is to remain as still as possible.

## What can I do after the injection?

Your appointment letter will tell you if there are any special instructions for you to follow on the day of your scan.

**Please read your appointment letter carefully.** For some scans, adults are advised to avoid close continuous contact with children and pregnant women for the rest of the day. It is safe to share a bed with your partner on the night of the scan, unless otherwise directed. There are no restrictions for handling pets.

## Are there any side effects?

Side effects are very rare. The injection will not make you feel sick or sleepy. If you have any concerns about the safety of these procedures, talk to your doctor or one of the Nuclear Medicine staff.

## ... But what about the radiation?

The radioactivity used has a short life and is quickly eliminated from the body. Even though the radioactivity is injected, most Nuclear Medicine scans involve the same amount or less radiation than that from x-ray procedures. In Nuclear Medicine every possible precaution is taken to minimise the radiation exposure to as small an amount as possible while still obtaining the needed diagnostic information.

## Remember:

The staff of the department want your visit to be as stress-free as possible. If you have any other questions, you can telephone or ask the staff in Nuclear Medicine before your scan. You can also visit our website;

[www.cdhb.health.nz/nuclear-medicine](http://www.cdhb.health.nz/nuclear-medicine)