

# Brain Scan (DAT Scan)



**Patients must also read their appointment letter  
and any enclosures carefully**

## What is a DAT Brain Scan?

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A DAT brain scan is a diagnostic procedure which is different to an x-ray and other types of scans. It involves an injection of a small amount of radioactive liquid and imaging with a special camera.

## How do you prepare for this scan?

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Certain drugs will interfere with the scan and will stop it from working. A list of these drugs is inside the back page of this leaflet. When you telephone the Nuclear Medicine Department to confirm your attendance it is important that you let us know if you are taking any of the drugs on the list. We will then speak to your doctor about this.

Do not stop any prescribed medication without first checking with your doctor.

You can eat, drink and use the toilet as normal at all times.

**Females:** Due to the radiation involved, there is a very small risk to an unborn or breast-feeding child. Therefore, it is important that you let us know in advance if you are, or may be, **pregnant** or **breast-feeding**.

## Finding the Nuclear Medicine Department

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The Nuclear Medicine Department is located in Zone C, Department C16.

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

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Yes, when you telephone the department to confirm your attendance, you must tell us if:

1. You are **pregnant**
2. You are **breast-feeding**
3. You are **allergic to iodine**
4. You are taking any of the **drugs shown at the end of this leaflet**

## Who can come with you for this scan?

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It is fine if you want someone to come with you on the day of the scan. However, because we only have one waiting room, we advise you not to be accompanied by children or pregnant women to help to minimise the radiation exposure to these people.

## How is the scan performed?

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You will swallow two small iodine tablets with water in preparation for the scan. You will then be asked to stay in the waiting room for about 15-20 minutes.

A small amount of radioactive liquid will then be injected into a vein in your arm. The tablets and the injection will **not** make you feel any different.

You will then be free to do as you please for a few hours, after which you should return to the department for the scan.

When you return, you will be asked to lie on a scanning bed, and a special camera will slowly circle around your head, during which time pictures will be taken continually. The procedure will take about **30 minutes**. It is important that you lie still during this time and breathe normally. If you feel that you will not be able to do this, contact the department on the number at the end of this leaflet to discuss the matter.

You will **not** have to remove any clothing, you will **not** be enclosed in a tunnel and you will **not** be left alone during the scan.

We will give you two iodine tablets to take home with you, which we need you to take **24 hours** after the injection.

## How will this scan affect you?

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You should not feel any different. The scan will not affect your ability to drive home so it is not necessary for anyone to accompany you unless you so wish.

For **24 hours after the injection**, all patients should sit on the toilet when passing urine.

## Are there any risks from the radioactive liquid?

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The radioactive liquid is used as sparingly as possible and the benefits of this scan far outweigh the small risk from radiation. The radiation dose you will receive is similar to the radiation that you receive from natural sources in a year. The liquid is quickly eliminated from your body, and you can help this by drinking plenty of fluid for the rest of the day and emptying your bladder more often than normal.

## Will the radiation affect other people?

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You are advised to avoid non-essential contact with children and pregnant women for **24 hours** after your injection, as stated in your appointment letter. This does not mean you cannot be in the same room as these people, but try to avoid sitting too close to them.

The radiation dose to other people around you is low and is therefore not a cause for concern.

## How will you get the results?

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You will not be given any results on the day of the scan. The consultant radiologist will, within a few days, send a report to the doctor or specialist who referred you for the scan.

## Travelling after your scan

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Some airports, seaports, train stations, bus stations and major sporting event venues have installed very sensitive radiation detectors. It is possible that these detectors may be triggered by the small amount of radioactivity remaining in your body on the days following your scan. Therefore, if you are planning to travel within **two weeks** following your scan, it is recommended that you carry your appointment letter to show to officials if necessary.

## Drugs that will interfere with your scan

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The drugs listed below stop the scan from working properly.

If you are taking any of these drugs, or if you are taking any preparation containing these drugs, please let us know when you telephone to confirm your attendance.

We will then speak to your doctor about this.

<b>Name of drug</b>	<b>Length of time your doctor may want you to discontinue drug</b>
Amfetamine	7 days before scan
Amoxapine (also called Asendis)	7 days before scan
Benzatropine (also called Cogentin)	7 days before scan
Cocaine	7 days before scan
Dexamfetamine (also called Dexedrine)	7 days before scan
Fentanyl (also called Sublimaze, Actiq, or Durgesic)	7 days before scan
Isoflurane (also called Aerrane)	7 days before scan
Ketamine (also called Ketalar)	7 days before scan
Methylamfetamine	7 days before scan
Methylphenidate (also called Ritalin, Concerta, or Equasym)	7 days before scan
Modafinil (also called Provigil)	7 days before scan
Pethadine (also called Pamergan)	7 days before scan
Pimozide (also called Orap)	One month before scan

## Additional Information:

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If you have any concerns or questions with regard to this procedure, or you need this information in another format such as larger print, please telephone the Nuclear Medicine Department on the telephone number below.

**Nuclear Medicine Department: 01225 824076**