

Kidney Test (GFR)



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

What is a Kidney Test (GFR)?

A kidney test, also known as a GFR (Glomerular Filtration Rate) test, is a special test used to assess how well your kidneys are functioning. It involves an injection of a small amount of radioactive liquid followed by a series of blood samples.

How do you prepare for this test?

There is no preparation for this test. You can eat, drink and take any medication as normal.

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

Who can come with you for this test?

It is fine if you want someone to come with you on the day of the test. 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.

Finding the Nuclear Medicine Department

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

How is the test performed?

A small amount of radioactive liquid will be injected into a vein in your arm. This will **not** make you feel any different. You will then have blood samples taken at two, three, four and five hours after the injection.

Do you need to stay in the hospital between the injection and the taking of the blood samples?

No, you are free to do as you please between the injection and the blood samples being taken. However if you leave the hospital, it is important that you return to the Nuclear Medicine Department for the taking of the blood samples at the times told to you by the technician on the day.

Another department in the hospital sometimes takes the blood samples, but we will inform you of this on the day as any necessary arrangements will have already been made. If you do not wish to leave the department, you can stay in our waiting room or rest on a bed in a side room.

How will this test affect you?

You should not feel any different. The test 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?

The radioactive liquid is used as sparingly as possible and the benefits of this test 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 week. The injection will not affect the way you feel and the radioactive substance is quickly eliminated from your body.

Will the radiation affect other people?

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

How will you get the results?

You will not be given any results on the day of the test. The results will be given to the specialist who referred you for the test. This is usually done on the same day as the test, or within a few days.

Travelling after your test

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 injection. Therefore, if you are planning to travel within **seven days** following your test, it is recommended that you carry your appointment letter to show to officials if necessary.

Additional Information:

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

Nuclear Medicine Department: 01225 824076