

Parathyroid Scan with Contrast CT



Patients must also read their appointment letter and any enclosures carefully

What is a Parathyroid Scan with Contrast CT?

A parathyroid scan with contrast CT is a diagnostic procedure. It involves an injection of a small amount of radioactive liquid and imaging with a special camera to look at the function of your parathyroid. This is followed by injection of a liquid which makes the blood vessels clearly visible on a CT scan - this CT scan shows the location of your parathyroid.

How do you prepare for this scan?

There is no preparation for this scan. You can eat, drink and take 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**.

If you are breastfeeding, you should not breastfeed your baby between the last part of your scan and 24 hours later. This makes sure that the injected liquid is not passed onto your baby in your breast milk.

Who can come with you for this scan?

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.

Finding the Nuclear Medicine Department

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

How is the scan 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 may then be asked to sit in the waiting room for about 10 minutes.

After this time, you will be asked to lie on a scanning bed. A special detector will be placed very close to your head and chest. Two pictures will be taken, during which time you will be asked to lie very still and breathe normally.

These pictures will take about 10 minutes. You will then be free to do as you please until the third appointment time, which is two hours after the injection.

At the third appointment time, you will be asked to lie on the scanning bed again, and the same two pictures will be repeated, which will take about 10 minutes.

After these, some further pictures will be taken which involve the camera moving in a circle around your head, neck and chest. Again you will need to lie still and breathe normally. These pictures will take about 40 minutes. The scanning bed will then move you to a different part of the camera and you will be given an injection over the next 2 minutes. When the injection is complete, the bed will move again for the next part of the scan – this only takes a couple of minutes.

At the third appointment, you will have to remove clothing from above your waist and put a gown on. If you are wearing necklace/earrings, you will need to remove these.

There will always be someone in the scanning room with you or on the other side of the scanning room window.

Will you need to stay at the hospital between appointments?

No, you will be free to do as you please. However, if you do leave the hospital, it is very important that you are back at the department in time for your next appointment.

After the final part of your scan, you will be asked to stay in the Nuclear Medicine department for about half an hour.

How will this scan affect you?

The first injection should not make you feel any different.

During the injection that you are given at the last part of your scan, it is possible that you might notice mild side effects such as:

- feeling warm (a 'hot flush')
- a slight metallic taste

If you notice these effects, they usually disappear quickly after the injection.

Like all medicines, the injection can occasionally cause other reactions – these are very rare (less than 1 in 1,000). We will ask you questions about your medical history to decrease the chances of an allergic reaction.

You should not drive or operate machinery until 1 hour after your final scan is complete.

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

Are there any risks from the radiation?

The radioactive liquid injected before the first scan 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 four years. The injection will not affect the way you feel and the radioactive substance is quickly eliminated from your body. You can help this process 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?

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 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

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 **seven days** following your scan, 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 procedure, 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