

Nuclear Medicine DAT Brain Scan

Patient Information Sheet

A DAT brain scan involves an injection of a small amount of radioactive tracer and imaging with a gamma camera. It can be used to differentiate between Parkinson's Disease and other conditions such as Essential Tremor. It can also be used to give information about the brain of patients who are suffering from memory loss.

You have been given **two** appointment times;

- **On the first appointment**, you will be given some tablets followed by an injection of a small amount of radioactive tracer into a vein. This does not have any side effects and will not impair your ability to drive.
- **The second appointment** is to take images of your brain

Preparation for your appointment

Please pay special attention to the last page of this document and follow the instructions. Once you have read this, please call the department.

Please come to your appointment well-hydrated. This will help with the injection. You can use the toilet as often as you need to and you may eat as normal.

Are there any risks from the radioactive tracer?

The radioactive tracer 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 like the radiation received from natural sources in **2 years**. Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation.

There are no restrictions for spending time with adults after your scan; however, children and pregnant women have a higher risk from radiation, so you should avoid close contact with them for **12 hours** after your injection. You should also use the toilet sitting down for **24 hours** to avoid splashes as your urine will be slightly radioactive.

Pregnancy and Breastfeeding

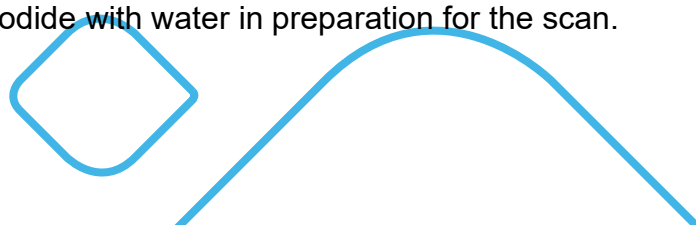
Let us know in advance if you may be pregnant or are breastfeeding.

This is important because of the small risk of childhood cancer from the radiation that we use.

If you have male healthcare records and were registered female at birth, please talk to the technologist at your appointment so that they can rule out the possibility of pregnancy. This information will not be recorded or shared without your consent.

How is the scan performed?

- You will swallow two small tablets of potassium iodide with water in preparation for the scan.
- You will then be asked to wait for 1 hour.



- A small amount of radioactive tracer 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 at least 3 hours, after which you should return to the department for the scan at your given time.
- During your scan you will lie down on the scanning bed where the gamma camera will move slowly around your head. The scan will take around **35 minutes**. It is important to lie still and breathe normally. If you feel you will not be able to do this, please contact the department to discuss this.

After your scan

Results

Results will be sent to the doctor or specialist who referred you for the scan.

Travelling after your scan

Some major event/ transport venues have very sensitive radiation detectors. These detectors could be triggered by the small amount of radioactivity remaining in your body on the days following your scan. If you're planning to travel within **14 days** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

Within the 7 days following your scan:

If you are admitted to a care home or hospital (other than the RUH), or if you are cared for by a healthcare worker in your home, please ask them to contact the RUH Clinical Imaging and Measurement Department. Their employer might need to register with the Health and Safety Executive to show that their staff are aware of the small amount of radioactivity that is present for a few days after your scan.

If you have any concerns or questions about your scan, or you need this information in another format such as larger print, please telephone: **01225 82 6630**.

Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 82 6630 | www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT/ known previously as PALS) if you would like to feedback your experience of the hospital. Email: ruh-tr.psct@nhs.net or telephone: **01225 82 5656**.



Medications that may interfere with your scan

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.

Tel.01225824076. We will then speak to your doctor about this.

Name of drug	Use	Length of time your doctor may want you to discontinue drug
Armodafinil (also called Nuvigil)	Promoting wakefulness	3 days before scan
Bupropion (also called Wellbutrin)	Antidepressant	5 days before scan
Cocaine	Stimulant	1 day before scan
Codeine	Opioid painkiller	1 day before scan
Dexamphetamine (also called Dexedrine)	Stimulant used to treat ADHD	2 days before scan
Dexmethylphenidate (also called Focalin)	Stimulant used to treat ADHD	1 day before scan
Ephedrine	Stimulant	1 day before scan
Fentanyl (also called Sublimaze, Actiq, or Durgesic)	Opioid painkiller	2 days before scan
Haloperidol	Anti-psychotic	5 days before scan
Methylamphetamine (also called Methamphetamine)	Stimulant	1 day before scan
Methylphenidate (also called Ritalin, Concerta, or Equasym)	Stimulant used to treat ADHD	1 day before scan
Modafinil (also called Provigil)	Promoting wakefulness	3 days before scan
Phentermine (also called Adipex-P)	Obesity treatment	5 days before scan

Conditions that we need to know about

Please let us know if you have any of the following conditions as it may affect your treatment:

- Hypersensitivity to Iodine or Potassium Iodide
- Untreated Hyperthyroidism
- Dermatitis Herpetiformis
- Hypocomplementaemic vasculitis

Please complete if there is anything we need to know to support you, while you are in an unfamiliar place.

Please call me

Carer/Person who will be with me.....

Things that may worry or upset me.....

What could make me feel better during the scan if I am anxious or upset?

E.g.: music, quiet, turning the lights off

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I will need assistance with

