

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

As soon as you receive this letter, please call the department to confirm your attendance. Certain drugs will interfere with the scan and stop it from working. **We need to know if you are taking any medications listed at the end of this document. You must let us know if you are allergic to iodine.**

In the 24 hour period before your appointment drink extra fluids (preferably water). This will make giving the injection easier. You can use the toilet as often as you need to. 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 similar to the radiation received from natural sources in **2 years**. Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation.

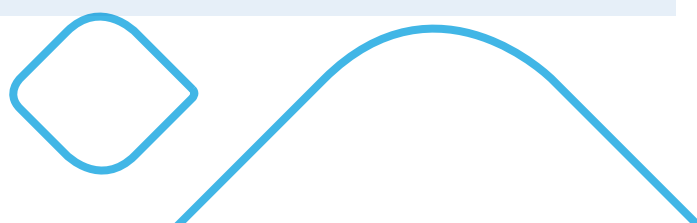
There are no restrictions for spending time with adults after your scan; however, children and pregnant women have a higher risk from radiation, so you should avoid close contact with them for **12 hours** after your injection. You should also use the toilet sitting down for **24 hours** to avoid splashes 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 15-20 minutes.
- 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 a few 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.

We will give you two more potassium iodide tablets to take away with you, which you will need to take **24 hours** after the injection.

After your scan

Results

Results will be sent to the doctor or specialist who referred you for the scan in 2-3 weeks.

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 824080**

Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 824080 | www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone **01225 825656**

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Medications that may interfere with your scan

Please let us know if you are taking any of these medications:

Name of drug	Length of time to discontinue
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

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

My full name

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

.....

How I take my medication. E.g with water or food

I will need assistance with