

# Nuclear Medicine **Parathyroid Scan** with Contrast CT Patient Information Sheet

A Parathyroid scan with contrast CT is a diagnostic procedure looking at the function of your parathyroid. It involves an injection of a slightly radioactive tracer and imaging with a gamma camera. This is followed by a contrast injection (X-ray dye) and CT scan (using x-rays).

**If you know of a reason that you cannot have CT contrast please tell us at your appointment. We will not give you CT contrast if it is not suitable for you.**

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

- **On the first appointment**, we will place a plastic tube (cannula) in a vein in your arm and then inject a radioactive tracer through the cannula.
- **The second appointment**, we will take some initial images around your head and neck using our gamma camera and CT scanner.
- **The third appointment**, we will take some more detailed images around your head and neck using our gamma camera and CT scanner, whilst giving you a contrast injection if suitable.

## Preparation for your appointment

You may eat and take your medication as normal.

**In the 24 hour period before your appointment** drink at least 1 litre of fluids (preferably water). This will make giving the injection easier. You can use the toilet as often as you need.

You will need to remove any metal from around your head, neck and chest before your scan (including jewellery). Please avoid any clothing with metal in these areas (eg underwired bras).

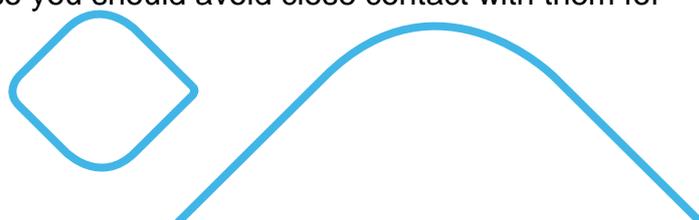
*If possible, please come to your appointment alone as we can only accommodate a small number of people in our waiting room.*

## 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 over **6 years**.

Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation. **For 24 hours after your first injection** all patients should sit on the toilet when passing urine. This is to make sure that all the urine gets properly flushed down the toilet as it will be slightly radioactive.

Please avoid spending long periods of time very close to other people until **6 hours** after your injection. You may sit in the same room or car but avoid sitting directly next to others. Children and pregnant women have a higher risk from radiation, so you should avoid close contact with them for **12 hours** after your injection.



## Pregnancy and Breastfeeding

**Let us know in advance if you are pregnant or 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?

- During your first appointment a cannula will be placed in a vein in your arm (this will stay in your vein until all the imaging is done).
- You will be injected with a small amount of radioactive tracer. This will not make you feel any different.
- After **10 minutes** you will have a CT scan and be imaged with the gamma camera for **20 minutes**. You will be lying on your back and the cameras will move around your head, neck and chest.
- Your third appointment will be **90 minutes** after the injection and the scan will take approximately **30 minutes**.
- Immediately following this you will have an injection of contrast and a CT scan that will take **2 minutes**.

Once all the scans are complete we will ask you to stay with us for **15 minutes** and have a hot drink to make sure that you do not have a reaction from the contrast injection. You will then have the cannula removed.

## Possible side effects from contrast injection

During the contrast injection that you are given for 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 and the sensation of having emptied your bladder.

If you notice these effects, they usually disappear quickly after the injection. The injection can occasionally cause other reactions, these are seen very rarely (less than 1 in 1,000). We will discuss this with you on the day of your scan.

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

## After your scan

*Please drink an extra litre of fluid in the evening in addition to your normal intake.*

### 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 seven days following your scan, we recommend that you carry your appointment letter with you.

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## Information for other hospitals or care homes

Within the **four days** following your scan:

If you are admitted to a care home or hospital (other than the RUH), or 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 call: 01225 824080

Clinical Imaging and Measurement Department  
Zone C, Department C16  
Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG  
01225 824080 | [www.ruh.nhs.uk](http://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](mailto:ruh-tr.pals@nhs.net) or telephone **01225 825656**

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