

BONE SCAN: NUCLEAR MEDICINE

A bone scan is a test that is done to look for problems in the bones. A tiny amount of radioactive material is injected into your child's vein and goes into the blood. After about 2 to 3 hours, it collects in the bones. This helps to show the bones clearly with a special camera. The test is done in the Nuclear Medicine area of the Radiology Department.

HOW TO PREPARE FOR THE TEST

Unless your doctor gives you special instructions*, nothing special is needed to get ready for this test.

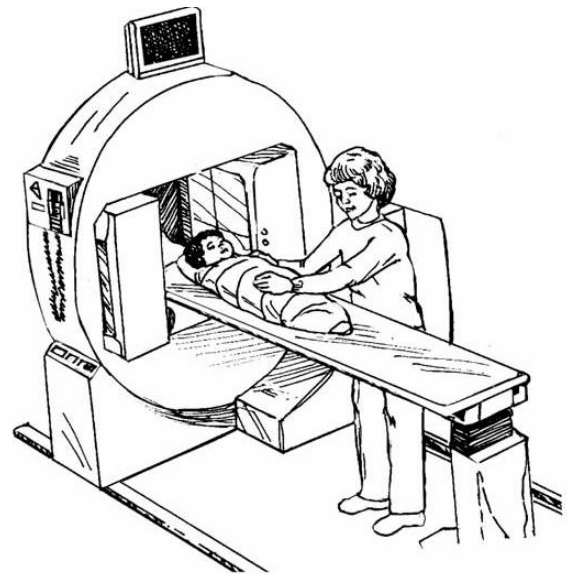
IF YOUR CHILD NEEDS SEDATION

Some children need to be given medicine (sedation) to help them relax and complete the scan. **If your child will have sedation, please follow these instructions:**

- **Your child may not have food, milk, or thickened feeds for 6 hours before the test.** This also means no Popsicles, broth, Jell-O, and orange juice. Also, no chewing gum, mints, lollipops, cough drops, or candy of any kind are allowed. **Note:** If a patient has been chewing gum, the test will be **delayed 2 hours** from the time the gum is spit out. If the gum has been swallowed, the test will be delayed 6 hours.
- **Formula** – Children may have formula by mouth or feeding tube **up to 6 hours** before the test.
- **Breast milk** – Babies over 1 year (12 months or older) may have breast milk **up to 6 hours** before the test. Babies under 1 year (younger than 12 months) may have breast milk **up to 4 hours** before the test.
- **Water, Pedialyte, 7-Up or clear apple juice** may be given **up to 2 hours** before the test.
- **Nothing** is to be given for **2 hours** before the test.
- If your child is having general anesthesia, please follow the directions that the Surgery Unit will give you the night before the test.
- A nurse will complete a medical history and physical exam and will explain the sedation to you.

Picture 1 The large camera takes pictures of your child.

For Outpatient Use Only	
Child's name	_____
APPOINTMENT:	
Date	_____
Procedure time	_____
Please arrive 30 minutes before the procedure. This allows time to register.	
Bring your child to:	
<input type="checkbox"/>	The Radiology Department Registration Desk, first floor of the main building of Nationwide Children's Hospital.
<input type="checkbox"/>	Other _____
If you need to cancel your appointment or reschedule, call (614) 722-6200.	



HOW THE TEST IS DONE

- The technologist will explain to you and your child what will be done during the test.
- An IV will be started and an injection will be given into the vein for this test. The needle will be removed after the injection. (If your child needs to be sedated, the IV will stay in until the test is over.)
- A very small amount of radioactive material, which has been measured and is safe, will be injected into your child's vein. This radioactive material stays in the body a very short time after the test.
- You and your child may leave the Nuclear Medicine Department for 2 to 3 hours. You will be told when to return.
- In the Nuclear Medicine Department, your child will lie on his back on a padded table. Most children under 6 years of age must be helped to hold still.
- If your child is sedated, he will be connected to a heart monitor and a pulse oximeter so the nurse can check your child's heart rate and breathing during the test. The nurse will stay with your child during the test.
- The child's bladder needs to be empty for the test to be accurate. If the child cannot urinate (pass water) before the test, a soft tube (catheter) will be placed in the bladder to drain the urine. The catheter will be taken out as soon as the urine has drained out of the bladder.
- A large camera under and over the table is used to take pictures of the bones (Picture 1, page 1). The camera makes a little noise but does not touch or hurt your child. The camera moves from the child's head to toes, taking pictures of the entire body. Your child must lie very still for about 1 hour to complete the scan. Older children may enjoy seeing their bones appear on the TV monitor as the scan is done.
- Parents may stay with the child during the test. The test takes about 4 to 5 hours.

AFTER THE TEST

- If your child has been given medicine to help him relax, he may go to sleep. Therefore, he will need to stay in the Procedure Room for 30 minutes after the test is done. He must be fully awake before he can go home. If he is a patient in the hospital, he will be taken back to his room.
- Your child will be given apple juice, a cola drink, or a drink brought from home. The nurse will give you home-going instructions for your child.
- Your child should not return to school or child care the day of the test. He needs to be supervised by a parent or other caregiver the rest of the day.
- It takes about half a day for the test results to be completed. The report of the test will be sent to your child's doctor within 48 hours. Your doctor will discuss the results and the plan for medical care with you.

FOLLOW-UP APPOINTMENT

Call the _____ office or clinic at (phone) _____ for a follow-up appointment.

If you have any questions, be sure to ask the doctor or nurse, or call the Nationwide Children's Hospital Nuclear Medicine Department at (614) 722-2335.