

# Your Parathyroid Scan explained (NPTHY)

Please read this patient information carefully as it contains information about preparing for the scan

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## Aim of the patient information

This information is for patients having a Parathyroid scan. It aims to tell you what a Parathyroid scan is and what will happen.

## General information

A doctor has asked us to take pictures of the parathyroid glands in your neck.

If the appointment clashes with another outpatient appointment or test, or you are unable to attend on this day, please contact this department as soon as possible. We can then reschedule the test and assign the appointment to another patient.

As the test involves small amounts of radiation, we ask that you are **not** accompanied by children under 18 or anyone who may be pregnant. You may bring one adult with you to the department.

If you have mobility issues, are incontinent or claustrophobic please contact the department on the number provided.

## Benefit and risks of the test

Everyone receives some radiation every day from the radioactivity in the air, food we eat and even from space. The amount of radiation for this test is similar to your natural exposure over a few years so the risks associated with it are low.

The main benefit of the test is making the correct diagnosis, so you can get the treatment that is right for you. This benefit is far greater than the small risk from radiation.

## Preparation

If you are pregnant or breast-feeding you must inform the department as soon as possible as special arrangements may have to be made.

On the day of your appointment, please bring with you a list of all medication that you are taking (your repeat prescription sheet if possible).

There is no special preparation required for this test. **Please eat and drink as normal.**

## What does the test involve?

There are two parts to this test.

### Part 1

The test involves giving a small injection of a radioactive material into one of the veins in your hand or arm. The procedure is very similar to having a blood sample taken. There should be no ill effects from the injection.

After 5 minutes, you will be asked to lie flat on a bed while pictures are taken using a Gamma Camera (see photo provided below). These pictures will take about 10 minutes.



You will then be free to leave the department, but will be asked to return 3 hours after the injection. Alternatively, you are welcome to stay in or around the department if this is more convenient and can continue to eat and drink normally.

### Part 2

When you return after 3 hours, you will be asked to lie flat on the camera bed once again while pictures are taken. We may use a CT (Computed Tomography) scanner attached to the camera to give us more information. These pictures will take about 45 minutes. After the pictures have been taken, you are free to leave.

## After the test

For the rest of the day, you must take extra care to wash your hands thoroughly after toilet use, sit down when you use the toilet and to flush the toilet twice. You must also continue to drink extra fluids and empty your bladder frequently. This will improve the clearance of the radiation from your body.

When the test is completed, the images will be reviewed and a report will be available to the doctor who has requested the test.

## The camera

The Gamma Camera used to take the pictures has an open design and the majority of patients complete the test without any discomfort.

## Radiation information

If you would like to find out more about medical radiation, please access the following link:

<https://www.gov.uk/government/collections/medical-radiation-uses-dose-measurements-and-safety-advice>

## Contact details

Department of Nuclear Medicine

Lincoln County Hospital 01522 573103

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