

Nuclear Medicine Tests

Your health

- Nuclear medicine tests help with making diagnoses and monitoring treatment.
- They involve the use of ionising radiation which will have been approved by a specialist.



Radiation

- Everyone receives some ionising radiation every day from radioactivity in the air, food that we eat and even from space!
- The amount of radiation in a nuclear medicine test is similar to your natural exposure over about one to four 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's right for you. This benefit is far greater than the small risk from radiation.



Our staff and equipment

- Staff are trained to take the best possible images of you or readings using the lowest amount of radiation.
- Equipment is regularly checked to make sure the test is safe and effective.



Your test

- Before your test, you will be given a small amount of a radioactive substance. We normally inject it, but sometimes you can eat, drink or even breath it depending on the test.
- If you are pregnant or think you may be pregnant, or are chest/breastfeeding, please inform a member of staff immediately.
- After your test you will still have some radioactivity in your body which will leave over time. You will emit a small amount of radiation which will be insignificant for most people around you, but we may ask you to limit your contact with children and pregnant individuals for a time.
- Your test may also include a computed tomography (CT) scan. This uses a beam of X-rays to make 3-D pictures.



We are here to make sure your test is right for you, so let's talk!

If you have any questions, or if you would like us to use specific language to describe your sex, gender, identity or anatomy, please speak to a member of staff in confidence.

Produced by the **Clinical Imaging Board**, a collaboration between the Institute of Physics and Engineering in Medicine, the Royal College of Radiologists and the Society and College of Radiographers.