

**Nuclear Medicine Bone Scan Imaging**  
**Pre-exam Information and Instructions**

**Thank you for choosing Yale New Haven Hospital**

*We are looking forward to providing you with exceptional care.*

A Nuclear Medicine Bone Scan is used to evaluate bones to detect arthritis, osteoporosis, fractures, sports injuries, or other bone abnormalities. Bone scans may also be used to evaluate unexplained bone pain.

**Yale New Haven Hospital Preparation for this Exam:**

**Before Arriving for Your Exam**

- Please arrive **15 minutes** early to check in.
- Children accompanying patients during visits:
  - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Take all medications as directed by your doctor.
- There are no restrictions in your diet required prior to this test.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.

**After Arriving**

- Upon arrival, a technologist will explain your procedure and answer any questions you may have.
- Your visit will consist of two appointments. The first appointment you will receive an intravenous injection (in your vein) of a small amount of radioactive material. The radioactivity is attached to a drug which acts like calcium, which is absorbed by your bones. More of this material is absorbed in the bone tissue that is infected, injured, or diseased.
- You will be instructed to drink plenty of fluids (24 to 32 oz.) during the three-hour delay between your injection and your scan.
- **ATTENTION Females (ages 10 to 55)**  
To ensure Radiation Safety, the following is YNHH Policy on pregnancy test for this Radiology exam.
  - PARENTS: A pregnancy test is required on all females (ages 10 to 17) prior to the start of the exam.
  - Females (ages 18 to 55) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

**During Your Exam**

- When you return for your second appointment you will be asked to empty your bladder prior to taking your images.
- Then you will be brought to the imaging room and asked to lie flat on your back and to hold still.
- Using a special nuclear medicine camera, pictures of your bones will be obtained to show the distribution of the radioactive material in your body.

**Exam Duration**

- 1<sup>st</sup> Appointment: Injection of radioactive material (and initial imaging if indicated), 10-20 minutes  
\*3 hours between appointments\*
- 2<sup>nd</sup> Appointment: Imaging, will take approximately 45-60 minutes.

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## After Your Procedure

- There are no restrictions placed on you after this procedure. You may eat and drive as normal.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams). A report will be sent to your provider, who can review the results with you.

\*For more general information on what to expect during your upcoming radiology exam.

Visit this link to **Skeletal Scintigraphy (Bone Scan)** at [RadiologyInfo.org](https://www.radiologyinfo.org)

*[RadiologyInfo.org](https://www.radiologyinfo.org) is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure.*

*RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).*

**Yale New Haven Hospital thanks you for  
choosing us to be part of your healthcare team.**