

**Nuclear Medicine Renal Scan**  
**Pre-exam Information and Instructions**

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

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

Your doctor has ordered a renal scan. The role of this procedure is to evaluate kidney function and perfusion, kidney failure, kidney obstruction and to follow up on kidney transplants. Renal scans may also be used to screen and diagnose renovascular hypertensive disease.

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

**Before Arriving for Your Exam**

- Please arrive **15 minutes** early to check in.
- Drink at least 16 ounces of water 1 hour before the exam.
- 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.
- **ATTENTION Females (ages 10 to 55)**  
To ensure Radiation Safety, the following is YNH 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**

- Once in the exam room, you will be asked to lie flat on your back on the imaging table.
- You will receive an intravenous injection (in your vein) of a tracer dose of radioactive material. The level of radioactivity is extremely low and has no side effects.
- Using a special nuclear medicine camera, pictures of your kidneys will be obtained over the course of approximately 90 mins. The camera does not produce any radiation; it simply detects and records the distribution of the radioactive material in your kidneys.
- It is important that you remain still during the imaging in order to obtain the best quality images possible. Motion will degrade the images and may affect the results of the test.

**Exam Duration**

- Total appointment time is approximately 60 to 90 minutes.

*Continued on next page->*

## After Your Exam

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home
- 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 **Nuclear Medicine - Renal Scintigraphy** at [RadiologyInfo.org](http://RadiologyInfo.org)

*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.**