

## General instructions for patients coming for isotope studies

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### About isotope studies

When preparing for the study, a small amount of radiopharmaceutical is used as the study material. Depending on the specific study, the medicine is either injected into a vein in the elbow, taken orally as a capsule, or inhaled as a gas.

The study material emits radiation, which can be detected outside the body using a special imaging device called a gamma camera. The study is safe and painless. Generally, the imaging is done while lying or sitting on an examination bed. To ensure good image quality, the camera is brought close to the body. You may need to remove your thickest clothing during the imaging, but otherwise, you can wear your own clothes.

In some studies, the imaging starts immediately after receiving the radiopharmaceutical, while in others, you may need to wait a few hours for the material to accumulate in the desired area. The waiting time depends on the specific study.

The duration of the imaging also varies depending on the study. Some studies are very quick, lasting less than a minute. In some cases, the imaging can take half an hour, and multiple scans may need to be performed. There may also be several hours of break between the scans.

### Radiation exposure

The radiation doses from isotope studies are small, and the radiation dose to the patient is equivalent to a few months of normal background radiation.

In some cases, studies are conducted on pregnant women using a lower-than-normal study dose. Breastfeeding does not prevent the performance of routine studies, but certain precautions need to be followed.

Children receive smaller doses based on their weight compared to adults. Parents can stay close to their child during the study to make them feel more secure. Sometimes, a sedative may be given to the child to help them remain still during the imaging. It is advisable to bring a familiar toy along.

If you work with adults, you can return to work as usual after the study. However, if you work with young children, such as in childcare, you should take the rest of the day off. Avoid being close to pregnant women for the first 24 hours as well.

You will always receive specific instructions regarding radiation safety for your particular study

## **Preparation for the study**

Detailed preparation instructions will be provided to you at the hospital. You can have an adult accompany you (no children or pregnant individuals). If you need further information, please contact the number provided below.

## **Contact information**

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