

RENAL SCINTIGRAPHY (KIDNEY SCAN)

Purpose of the study

Renal scintigraphy is a versatile study for obtaining information about the structure, functioning and blood flow of the kidneys.

How to prepare for the study

- You must drink at **least 0.5 litres water about one hour** before your scan time. This does not apply to those who have fluid restrictions or heart failure.
- You must eat normally before the study.
- You may take your medications normally.
- If your bladder has to be catheterized, bring your own catheters (3) to the study.
- The study cannot be done to a pregnant woman.

What to expect at the study

You will need to empty your bladder before the scan begins to keep your kidney function from slowing down and causing inaccurate study results. You will not need to undress for the scan.

You will receive a small amount of radioactive tracer through a vein in your forearm. The tracer will collect in your kidneys and then pass into your bladder. You will not sense the tracer.

The scanning will take less than half an hour. You will need to lie still on your back during this time. The scan will begin at the moment when the tracer is administered.

You will also receive a diuretic medicine in the early part of the study to speed up your kidney function. It may make you urinate more frequently later in the day.

You may visit the lavatory immediately after the scan. Right after that, we'll take one quick image and usually another follow-up image 30 minutes later.

Duration of the study

You should expect the study to take 1 to 1.5 hours. Usually we also take the follow-up image about half an hour after the initial scan ends. We will not know if a follow-up image is needed until the longer scan is completed. The follow-up image takes a minute to obtain.

Study results

The study results will be provided later by a doctor at the ward or clinic that referred you.

After the study

You will emit a small amount of radioactivity into your immediate environment after receiving the tracer. After the scan, you should drink plenty of fluids and empty your bladder more often than usual so that the radioactivity will leave your body through your urine.

Avoid close contact with pregnant women on the day of the study. You should also avoid holding children or being next to them for more than half an hour. Anyone will be completely safe at a distance of two metres. The radiation will dissipate spontaneously by the following day.

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