



A lifetime of specialist care

## Your nuclear medicine GFR test – appointment information

### Points to remember

- You will need to arrive at the nuclear medicine department at least 15 minutes before your appointment.
- Please drink plenty of fluids (such as water, fruit juice or milk) on the day of your test.
- Avoid drinks containing large amounts of caffeine (such as cola and energy drinks) for 12 hours before your appointment.
- Let us know if you are taking any of these medications:
  - diuretics
  - aminoglycoside antibiotics
  - aluminium
  - sulphonamides
  - penicillin
- Please telephone us on 01895 828 880 as soon as you receive this letter if you need to cancel or change the appointment date of your scan.

### What is nuclear medicine?

Nuclear medicine is a special way of taking images of your body and testing to see how parts of it are functioning.

### About your GFR blood test

A GFR test (glomerular filtration rate) provides a measurement of how well your kidneys are working. We will put a small, thin plastic tube (cannula) into a vein in your arm and give you an injection containing a radioactive tracer. This is a substance with a small amount of radioactivity that shows up in your blood. We will then take three blood samples – two, three and four hours later. These samples are tested and show how quickly the radioactive tracer is being removed from the blood by your kidneys.

### How long will the appointment take?

You will be with us for about four and a half hours to complete the test.

### Is there any risk from the radiation?

The amount of radiation used in a GFR scan is small and kept to a minimum. We believe that the benefits of having the test far outweigh any risks. To avoid exposing children unnecessarily to radiation, please do not bring them with you to the department. Please ask if you have any questions.

## **Female patients**

You should not have this scan if you are pregnant, think you may be pregnant, or are breastfeeding.

## **Diabetics**

You do not need to change your diet or treatment. Please bring your insulin and any snacks as needed.

## **Are there any side effects?**

The substance we give you does not have any side effects. It will not make you sleepy or stop you from driving a car.

## **After your scan**

You can eat and drink as usual and continue with your normal daily activities after your scan. You may go anywhere you like, but please try to avoid long periods of close contact with children for the next 24 hours. This is to avoid exposing them to unnecessary radiation.

## **Results**

We will send the results of your scan to the hospital consultant who asked for the test.

## **Additional information**

Please note that our nuclear medicine department scans many people every day. We try to keep to your appointment time as closely as possible, but should you be late, or if there is an emergency at the hospital, it may not be possible to perform your scan immediately.

## **Hospital transport**

If you need hospital transport to get to us, please ask your GP to arrange this.

## **Private patients**

If you are a private patient please bring your private insurance details to your appointment, otherwise, please pay your invoice on the day of your scan.

## **How to find us**

The nuclear medicine department is in the ANZAC Centre, ground floor, Harefield Hospital.

## **Useful contacts**

If you have any questions about your scan, please call us on 01895 828 880, Monday to Friday, 8.30am to 4.30pm.

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If you need help or advice about any service or department at our hospitals, and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 020 7349 7715 or email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.