

# Bone scan

A bone scan is a nuclear imaging test that helps diagnose and track several types of bone disease. A bone scan procedure includes both an injection and the actual scan. The injection takes about 15min and the scan takes about 60min. There is a waiting period of 2-4 hours in-between.

## Preparation

You have to stop taking osteoporotic drugs at least 2 weeks before the examination. We advise that you leave jewelry at home.

## The day of the examination

A bone scan is a nuclear imaging procedure. In nuclear imaging, tiny amounts of radioactive materials (tracers) are injected into a vein and taken up in varying amounts at different sites in the body. Upon arrival we will place a catheter in your arm, give you a small injection and then we remove the catheter. The images are taken two to four hours later to allow the tracer to circulate and be absorbed by your bones. We recommend that you drink several glasses of water while you wait. You can go home during the waiting period. During the scan you need to lie still on a table and the scan itself can take up to an hour. The procedure is painless.



We are located at Landspítali Hringbraut, department 10G (Ísótópastofa). Please use the entrance near Eiríksgata. Please remember that the parking closest to the hospital may require payment.

### Injection

- The injection takes approx. 15min
- You need to drink ½ liter of liquid in the next 60min

### The scan

- You need to come again 2-4 hours later for the scan.
- Scan time can take up to an hour.

## After the examination.

- The results will be sent to your doctor. It can take up to two weeks before your doctor will receive the results.
- We recommend that you drink plenty of water after the examination.
- Since the tracer we give you is radioactive we recommend that you keep 2 meters distance from other people for the next 24hours after the injection. Take special care to keep your distance from pregnant women and small children so that they will not be exposed to radiation.
- If you are planning abroad travels shortly after the examination please let us know. We will arrange for you to receive a travel certificate which you might need to present at the airport.

Please call us if you have any questions or if you need to change your appointment. Röntgendeild Landspítala Hringbraut, telephone 543-5050. Email [isotop@landspitali.is](mailto:isotop@landspitali.is)