Health Resource Directory | South Western Sydney

Health Procedure Factsheet
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Bone Scan

What is it?

A bone scan is useful in diagnosing and assessing a wide range of bone and joint diseases. This test may be able to show things that are not detected by other tests such as X-rays or CT Scans.

What do I need to do before the procedure?

Make sure you remember to bring any previous films or reports to the appointment. Wear warm comfortable clothing. You will also need to:

- **Medications** - take your medications as normal
- **Advise of pregnancy or breatfeeding** - let the service know if you are pregnant or breastfeeding

What will happen?

An injection containing a small dose is given into a vein. The radiology service may take some pictures of your bones 15 minutes later. This depends on why you are having the test.

The injection takes about two to three hours to be taken up by the bones. You do not have to wait at the radiology service while this happens. However, you should try to drink at least four to six glasses of fluid while waiting to come back. This can be water, tea, coffee, juice or soft drinks or whatever you prefer.

When you return, detailed pictures of the bones will then be taken for 30 - 60 minutes. While the pictures are being taken, you will need to lie very still and breathe normally.

What can I expect after?

There are no after-effects from having a body scan. The small dose of radiation in the injection is about the same as you would get from a back X-ray.

Once it is finished, you can go home. You are able to drive immediately after the test. Your results will be sent to your GP or specialist.

Where can I learn more?

- **University of Texas** - What is a bone scan (video): youtube.com

Adapted from Liverpool Hospital Department of Nuclear Medicine and PET

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