

## Nuclear Medicine

Please read this before your appointment. Feel free to ask questions.

**Nuclear Medicine** scans are exams that help diagnose or treat abnormalities of the bone, liver, thyroid, lung and heart. For this exam a small amount of radioactive material is given. A Nuclear Medicine Technologist will perform the exam.

**You are scheduled for an exam at the following HealthEast facility:**

- St. John's Hospital
- Woodwinds Health Campus
- St. Joseph's Hospital

**Appointment Date:** \_\_\_\_\_ **Appointment Time:** \_\_\_\_\_

Questions about scheduling, call: 651-232-5500

**Please let us know if you:**

- Are or might be pregnant.
- Are breast feeding.

### Preparation

Your doctor will give you instructions for this exam. You may be told to change your diet or medications. Please follow the instructions carefully.

### The Examination

When you enter the exam room, we will explain the exam to you. We will ask you a few questions and answer any questions you may have.

Sometimes the exams may require more than one visit. For the first visit, we give you a safe material. This material may be given as an injection. The injection is usually put into a vein in your arm. Sometimes the material is added to food and sometimes it is a pill. It depends on the type of exam you are having. There are no side effects from this material. Pictures may be taken at this time or we may ask you to return at a later time.

For the pictures, you will be asked to lie on a table under a special camera. The camera will be placed close to the part of the body being scanned. This camera does not produce radiation. Most scans require many different pictures. The scan may take one to four hours depending on the test. The pictures will be clearer if you are able to hold still. Additional visits may be a few hours or a few days later.

### When the Exam Is Completed

The radiologist will study the pictures. The radiologist will then tell your doctor what was found on the pictures. Your doctor will explain the results to you. Unless your doctor tells you differently, you may return to your normal diet and activities. Feel free to ask questions. We welcome your comments.

**At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.**

**Billing Information**

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

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Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:  
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)  
· [www.healtheast.org](http://www.healtheast.org)