

Having an octreotide scan with indium

Nuclear Medicine Department

Information for Patients

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What is an octreotide scan?

This is a simple, safe procedure. It uses a small amount of radioactivity to get images of your body. It is used to find neuroendocrine tumours that have a special receptor on their surface. This procedure takes place over several days.

If you cannot attend your appointment please call the number on your appointment letter to rearrange at least 3 days before. This is so that we can try to offer your appointment to someone else.

Before your appointment you must tell us if:

- you are pregnant, think you may be pregnant, or have just missed a period.
- you are breastfeeding. This is because radioactive substances can come out in breast milk and you may be advised to stop breastfeeding for a short time.
- you have any incontinence problems. This is because radioactive substances will be present in your pee (urine) and you may need special instructions because of this.
- you have problems with your memory or learning difficulties. We need to make sure you can follow all the instructions for your test and after you go home.
- you have help with personal care (paid or unpaid). Your carer may need some safety instructions after you have had your dose of radiation.
- you need an interpreter (please tell us at least 3 days before your appointment).
- you are having lanreotide or octreotide therapy. We will need to take this in account when booking your appointment.
- You are arriving by Ambulance please contact Department by phoning the number on your appointment letter as soon as possible

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I prepare for the scan?

- You may have been sent some medication with your appointment letter.
- Please take this medication as instructed on the label.
- This medication is a laxative that will help you to empty your bowels. This means you get a lower radiation dose from the procedure . It will also improve the quality of the scans.
- If you have, or are being treated for diarrhoea, please contact us **before** taking this medication.
- If you have any more queries about this medication please contact Radiopharmacy on 0116 258 5579.

Please do not take any anti-diarrhoea medication during this test.

What happens during the scan?

We will explain the procedure to you first and you can ask any questions.

Day 1 – 1st appointment

- This first appointment will take between 15 and 30 minutes.
- You will be given a small radioactive injection in a vein in your arm (like a blood test).
- You are then free to leave the department until your 2nd appointment time 4 hours later.

Day 1 – 2nd appointment

- This appointment will take about 20 minutes.
- You will be asked to lie still on an imaging couch,.
- We take a series of images using a gamma camera.
- You will not need to take your clothes off.
- You will need to come back for another scan the next day.

Day 2

- This appointment is a scan only and will take about 2 hours
- Your scan will be like the first
- It will be followed by another scan where the camera will move around you
- You will have a short CT scan at the end. This is all done on the same camera.
- You may need to remove some clothing for the CT, but we will make sure of your privacy at all times.
- You may not need to come back for Day 3. We will let you know after taking your images on day 2.

Day 3

- This appointment is a scan only and will take about 1 hour.

What happens after the scan?

You will be mildly radioactive after you have your injection for the next 72 hours. To minimise any risk to you and your family and friends, we ask you to:

- drink plenty of extra fluids.
- flush the toilet 2 times after use (men should sit down when going for a pee).
- wash your hands thoroughly each time you use the toilet.
- avoid close contact (for more than 30 minutes) with anyone who is or may be pregnant, small children and babies.
- usually there is no problem in returning to work, but please ask staff for advice if you work with radiation or in the photographic industry.

Are there any risks?

It is very unlikely that you will have any side effects from the radioactive injection. There is a small risk linked to the radiation you get by having this scan.

Ionising radiation can cause cell damage. This may, after many years or decades, turn cancerous. We are all at risk of having cancer during our lifetime. The normal risk is that this will happen to about 50% of people at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment over about 4 years. Having this test will add only a very small chance of this happening to you. In fact, the risks from missing a serious disorder by not having this test may be much greater.

How will I get my results?

Your scan will be looked at by a doctor who specialises in looking at scans (Radiologist). The results passed on to your consultant. They will talk to you about them at your next outpatient appointment.

Useful information

You may wish to bring a relative or friend with you. Due to the nature of the examination, friends and relatives will not be allowed into the room during the procedure, unless we need their help.

Please **do not bring children with you to your appointment**. Radiation is more dangerous for children and pregnant women than for adults, so please do not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website <https://www.leicestershospitals.nhs.uk> or call TASL on 0345 241 3012 at least 3 days before your appointment.

Getting to Nuclear Medicine

Glenfield Hospital - The department is best reached by the East Entrance.

Leicester Royal Infirmary - Level 0, Sandringham Building (behind the multi-storey car park)

Contact details

For information about your test, please contact (answering machine checked during office hours):

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital : 0116 258 3850

Leicester Radiopharmacy Service: 0116 258 5579

If you have a question about your medical condition please contact you G.P. or the doctor who made your referral.

Useful websites

www.leicestershospitals.nhs.uk/aboutus/departments-services/imaging-services/nuclear-medicine/

www.bnms.org.uk

www.radiologyinfo.org

www.patient.co.uk

www.informed-scan.com/

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં છિજ જાજવાતી કિમે જેર જામ્મા જિજિ જાહુંદે જે, જાં વિરખા વરજે જેઠાં જિંજે રાજે નંબર 'જે ટેલીફોન વરજે।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk