

**Kaiser Permanente Medical Center
Department of Nuclear Medicine
Oakland, California**

BONE SCAN

You will have 2 appointments in Nuclear Medicine on the same day. The appointment times will be approximately 3 hours apart.

Please come to the Nuclear Medicine Department located on the second floor of the main hospital building (directly above the cafeteria) approximately 5 minutes prior to your appointment to allow time for registration.

1. There are NO dietary restrictions on the day of the test and you may **take your medications as usual**.
2. At the first appointment in the morning, a small amount of a radioactive tracer will be injected into a vein in your arm. This first part will take approximately 5 minutes. There will be no side effects or after effects from this injection.
3. **You will then be instructed to return later that day at a time specified by the technologist, usually about 2-3 hours later. The second part will take approximately one hour.**
4. During the time interval, you may eat lunch. It is very important that you **drink fluids** and we recommend **2 to 3 eight ounces glasses** of water, ice tea, coffee, juice or milk every hour. It is also very important to urinate frequently during this time. The reason for this is to ensure that all the radioactive tracer that does not go to the bone is excreted in the urine. This helps to give us good pictures later. Note: When urinating be careful not to splash urine on your clothing or legs. This may create an artifact on the pictures.
5. When you return for the second appointment a special gamma camera will take pictures of you while you lie on an imaging table.
6. If you are unable to keep this appointment please call us at **(510) 752-6210** as soon as possible so that we can utilize the time for other patients.

If you need information regarding parking or directions in locating the hospital please call us at **(510) 752-6210**.