



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΣΙΑ ΠΟΤΡΓΕΙΟ
ΤΡΕΙΑ-7^η ΤΠΕΚΡΗΣΗ ΓΕΝΙΚΟ
ΝΟΟΚΟΜΕΙΟ ΧΑΝΙΩΝ
"ΟΑΓΙΟΓΕΩΡΓΙΟ"
ΣΜΗΜΑ ΠΤΡΗΝΙΚΗΙΑΣΡΙΚΗ



Ενηέρωση
ασθενών &
φροντιστών

Instructions for patients who underwent scintigraphy with Technetium-99m (^{99m}Tc)

You should leave the hospital by private car or taxi
(Seat in the rear, diagonally to the driver's seat).

Do I need to do something special after the scintigraphy?

- * You can eat and drink as usual; however you should drink more fluids than usual. This will help to expel the radiopharmaceutical faster from your body.
- * As most radioisotopes are excreted from the body through the urine, it is recommended that **you urinate in a sitting position, flushing twice**. In case of urine drop spreading, the area should be carefully cleaned with absorbent paper which is then discharged into the toilet. After using the toilet, your hands should be washed with plenty of water. All of the above are important in order to avoid the unnecessary exposure of others to radiation.
- * For patients with urine catheters, the replacement of the urine bag should be done with disposable gloves and urine should be discharged into the toilet followed by flushing at least twice.

ESPECIALLY FOR:

Bone, Kidney, Thyroid and Myocardial Imaging with ^{99m}Tc

- * In the case of **lactation, breast-feeding should be stopped for 24 hours** after the examination

(NOTE: For **Thyroid scintigraphy**, breast-feeding should be stopped for **48 hours**). In this case, milk should be pumped regularly from the breast and discarded using plenty of water.

- * Also for **48 hours** (two days) after ^{99m}Tc administration

- ✓ Avoid direct contact and proximity with **pregnant women** and **very young children**
- ✓ Keep a distance of at least **2 meters** from your roommates
- ✓ Avoid sleeping on the **same bed** with another person and avoid any **sexual contacts**
- ✓ Frequent **fluid intake** is recommended, as this leads to faster clearance of ^{99m}Tc by the body

Can I get back to my job after the scintigraphy?

- * There is usually no problem. But remember that if there are young children or pregnant women in your workplace, it is necessary to avoid any contact with them for at least 48 hours after the examination. Generally remember to be at a distance with other people. If you come into contact with radiation in your work, please consult your lab staff.