

骨骼掃描

Bone Scan

A bone scan is a test to check for bone problems or diseases. A very small amount of radioactive medicine, called tracer or contrast, is used to show your bones in more detail than your doctor would see from x-rays.

This test has 2 parts. **Arrive on time for each part of the test.**

Arrive for the first part of the test at _____ am / pm on _____.

Staff will tell you when to come back to the testing area for the second part of the test.

If you have any allergies to medicines, foods or other things, tell the staff before the test.

If you are breastfeeding, pregnant or think you might be, tell the staff before the test.

To Prepare

- Do not take any medicine with bismuth, such as Pepto-Bismol, for 4 days before this test.
- You should not have any x-ray tests using barium for 4 days before your bone scan.
- Remove any jewelry, piercings or other metal objects before your test.
- You may be asked to change into a hospital gown.

骨掃描是一項檢查骨骼問題或骨骼疾病的檢查。與 X 光照片相比，使用極少量的放射性藥物，稱為示蹤劑或造影劑，來顯示你的骨骼，可以讓醫生對骨骼的觀察更為詳細清晰。

骨骼掃描檢查分兩個部份進行。**準時前來參加檢查的每個部份。**

檢查的第一部份安排在 _____ 上午/下 _____ 進行。

工作人員會告訴您何時返回檢查區進行第二部份檢查。

如您對藥物、食物或其他物品**過敏**，請在檢查前向工作人員說明。

如您正在哺乳、已懷孕或認為自己已懷孕，請在檢查前向工作人員說明。

準備工作

- 檢查前4天內不要服用任何含鉍的藥物，如 Pepto-Bismol。
- 在骨掃描前4天內，您不應做任何使用鋇劑的 X 光照片檢查。
- 檢查前請摘掉任何首飾、尖銳或其他金屬物品。
- 您可能會被要求換上醫院的袍子。

During the Test

Part 1:

An IV (intravenous) is put in a vein in your arm. The tracer is put into your IV. Based on the reason for your test, you may have a scan done soon after getting the tracer, or you may wait for about 3 hours before the scan is done.

You lie on a table during the scan, and it will take about an hour. Lie flat and hold still as each scan is done. Each scan takes about 1 hour.

Part 2:

About 3 hours later, you will have a scan of your whole body. You lie on a table during the scan. This takes about 1 hour.

After the Test

- Drink plenty of water or other liquids the day of and the day after your test. This helps your body clear out the tracer medicine.
- The radioactivity is gone from your body after 2 to 3 days.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

檢查過程

第一部份：

將給您的上臂靜脈作 IV（靜脈注射）。靜脈注射送入造影劑。根據您檢查原因的不同，您可能在靜脈注射送入示蹤劑後很快就做骨掃描，也可能要等3個小時左右才做掃描。

掃描時，躺在掃描台上，約須 1 個小時。每次掃描時，平躺靜臥。每次掃描約須 1 個小時。

第二部份：

大約 3 小時後進行全身掃描。掃描時，躺在掃描台上。全身掃描約須 1 個小時。

檢查後

- 檢查後當天和次日飲用大量的水或其他液體。這有助於身體排出示蹤劑。
- 放射性藥物在2到3天後就會從體內消失。
- 檢查結果會送到您的醫生處。您的醫生會告知您結果。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。