

in the organ or area being studied. As a result, imaging may be done immediately, a few hours later, or even several days after you have received the radioactive material.

When it is time for the imaging to begin, the gamma camera will take a series of images. The camera may rotate around you or it may stay in one position and you will be asked to change positions in between images. While the camera is taking pictures, you will need to remain still for brief periods of time. It is important that you remain still while the images are being recorded. Though nuclear imaging itself causes no pain, there may be some discomfort from having to remain still or to stay in one particular position during imaging.

Length of scan

The length of time for nuclear medicine procedures varies greatly, depending on the type of scan. You will be given specific information depending on the type of study you are having.

What should I expect AFTER my Nuclear Medicine Scan?

When the scan is completed, you may be asked to wait until the technologist checks the images in case additional images are needed. If you had an IV line inserted for the procedure, it will be removed.

Through the natural process of radioactive decay, the small amount of radiotracer in your body will lose its radioactivity over time. You should also drink plenty of water to help flush the radioactive material out of your body.

Unless your physician tells you otherwise, you may resume your normal activities after your nuclear medicine scan.

Nuclear Medicine Scan Results

All Nuclear Medicine scans are read by a Hallmark Health radiologist specially trained in nuclear medicine imaging and dedicated to the specific area of interest for your study.

Rapid results are essential not only for your peace-of-mind, but also for your physician to begin planning your treatment immediately, if necessary. After the scan has been read the results are sent to your physician who will discuss them with you.

Lawrence Memorial Hospital
170 Governors Avenue
Medford, MA 02155

From Cambridge & Arlington:

Take Route 60 East into Medford Square. Turn left onto Governors Avenue. Lawrence Memorial Hospital will be on the left.

From 93 North/South:

Take 93 to Exit 33 and take the rotary to South Border Road. Turn left onto Governors Avenue. Lawrence Memorial Hospital will be on the right.

Melrose-Wakefield Hospital
585 Lebanon Street
Melrose, MA 02176

From Boston/93 North:

Take 93 North to Exit 34, you will merge onto Route 28. Take a right at the first set of lights onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

From Northshore/93 South:

Take 93 South to Exit 35, Melrose/Winchester Highlands. Bear left at the end of the ramp then take a right at the stop sign, continue through the lights (Friendly's Ice Cream on corner) onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

From Northshore/ Route 1:

Route 1 Southbound, take the Lynn Fells Parkway exit in Saugus. Turn left at the third set of lights onto Main Street. The hospital is two blocks down on your left.

From Boston/Route 1:

Take Route 1 North, take the Essex Street/Melrose exit in Saugus. Take a right off of the exit ramp and over the Route 1 bridge toward Melrose. Essex Street will become Upham Street, Melrose. Continue to first set of lights (Lebanon Street). Turn right, and the hospital is two blocks up on your right.



Hallmark Health System is the premier, charitable provider of vital health services to Boston's northern communities. The system includes Lawrence Memorial Hospital of Medford; Melrose-Wakefield Hospital, Melrose; Hallmark Health Cancer Center, Stoneham; The CHEM Center for MRI, Stoneham; Hallmark Health Medical Center, Reading; Hallmark Health VNA and Hospice, Malden; Lawrence Memorial/Regis College Nursing and Radiography Programs, Medford and Eli Pond Medical Associates. Hallmark Health is affiliated with Massachusetts General Hospital for cardiology and Tufts Medical Center for neonatology.

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Nuclear Medicine



Imaging Services



www.hallmarkhealth.org

Thank you for choosing Hallmark Health System Imaging services. We are committed to providing you with the best possible and most respectful care. Our organization is dedicated to providing state-of-the-art technology and quality Nuclear Imaging to our patients.

Nuclear Medicine Scan

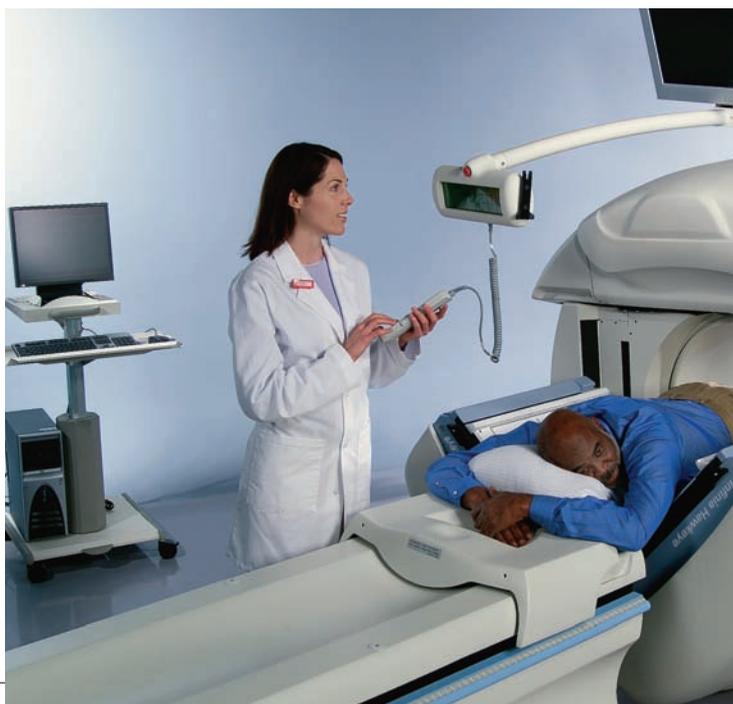
Your physician has ordered a Nuclear Medicine scan for you. We have compiled this information about your scan to better inform you and help answer your questions.

The Nuclear Medicine staff at all of our facilities is available to answer any additional questions you may have, so please do not hesitate to ask.

The following information about your Nuclear Medicine Scan has been modified from the Radiology Info web site, www.radiologyinfo.org.

What is a Nuclear Medicine Scan?

Nuclear medicine is a subspecialty within the field of radiology that uses very small amounts of radioactive material called a radiopharmaceutical or radiotracer to diagnose disease and other abnormalities within the body.



Depending on the type of nuclear medicine scan you are undergoing, the radiotracer is injected into a vein, swallowed by mouth or inhaled as a gas and eventually collects in the area of your body being scanned, where it gives off energy in the form of gamma rays. This energy is detected by a device called a gamma camera and/or probe. These devices work together with a computer to measure the amount of radiotracer absorbed by your body and to produce special pictures offering details on both the structure and function of organs and other internal body parts.

Common types of nuclear medicine scans include:

- * Cardiac Stress Scan
- * Bone Scan
- * Lung Scan
- * Kidney Scan
- * Thyroid Scan

Common uses

Physicians use nuclear imaging to visualize the structure and function of an organ, tissue, bone or system of the body.

Nuclear medicine scans are performed to:

- * analyze coronary artery blood flow
- * evaluate bones for fracture, infection, arthritis and tumors
- * scan lungs for respiratory and blood flow problems
- * determine the presence or spread of cancer
- * identify blockage in the gallbladder
- * measure thyroid function to detect an overactive or under-active thyroid
- * analyze kidney function
- * identify bleeding into the bowel
- * locate the presence of infection
- * investigate abnormalities in the brain

Safety

Because the doses of radiotracer administered are small, diagnostic nuclear medicine procedures result in minimal radiation exposure. Thus, the radiation risk is very low compared with the potential benefits. Nuclear medicine has been used for more than five decades, and there are no known long-term adverse effects from such low-dose exposure. Allergic reactions to radiopharmaceuticals may occur but are extremely rare.

Women should always inform their physician or radiology technologist if there is any possibility that they are pregnant or if they are breastfeeding their baby.

PREPARING FOR YOUR NUCLEAR MEDICINE SCAN

What should I expect BEFORE my Nuclear Medicine Scan?

You will receive specific instructions based on the type of scan you are undergoing. In general, the following guidelines apply to all scans.

Medications

You should inform your physician of any medications you are taking as well as vitamins and herbal supplements and if you have any allergies. Also inform your doctor about recent illnesses or other medical conditions. Upon checking into the Nuclear Medicine Department, you will be asked to provide a list of medications you are currently taking and also a list of known allergies.

Food and Drink

Most Nuclear Medicine procedures do not require patients to fast, however there are some that do. Specific instructions would be provided upon scheduling of these procedures.

When to arrive

Please arrive 30 minutes prior to your appointment time.

What to wear

You will wear your own clothing during the scan, therefore please wear something without metal clasps or zippers, as they will interfere with the study. Jewelry and other accessories should be left at home if possible, or removed prior to the scan as well.

Other information

For specific questions or information regarding your scheduled scan please contact the Nuclear Medicine Department at 781.979.3137 (MWH) or 781.306.6809 (LMH).

What will I experience DURING my Nuclear Medicine Scan?

Scanning

You will be positioned on an examination table. If necessary, a technologist will insert an intravenous (IV) line into a vein in your hand or arm.

Depending on the type of nuclear medicine scan you are undergoing, the dose of radiotracer is then injected intravenously, swallowed by mouth or inhaled as a gas.

It can take several seconds to several days for the radiotracer to travel through your body and accumulate