

The ROYAL MARSDEN

NHS Foundation Trust

Having a HIDA scan

Nuclear Medicine

Patient Information



NHS

Introduction

Your doctor has recommended that you have a HIDA scan – this is a nuclear medicine test. Pictures of your liver and gallbladder will be taken to help your doctor determine whether there are any problems associated with it.

What is nuclear medicine?

Nuclear medicine helps doctors to check how well different parts of your body are working. A small amount of a radioactive substance (tracer) is given, usually by injection into a vein. The tracer gives off gamma rays, so we can measure the distribution of that tracer in your body. This measurement is usually done using a gamma camera, although occasionally measurement of blood samples may be needed.

Is there any risk from the radiation?

We will expose you to ionising radiation when we carry out this examination. We are all exposed to ionising radiation from naturally occurring sources such as cosmic rays, certain types of soil and rocks and even food we eat. Ionising radiation can cause cell damage that in turn, after many years, may turn cancerous. The radiation associated with your exam will therefore carry a small risk which is less than 0.1%. This risk will be far outweighed by the benefits of having this exposure. **However, it is essential that you read the *Important points* section further on this leaflet. If you have any concerns, please contact us.**

What preparation do I need for my HIDA scan?

You must not have anything to eat or drink for four hours prior to your appointment.

You can continue to take any medication that has been prescribed for you by your doctor. It is also safe for you to take 'over the counter' medicines.

How is my HIDA scan carried out?

On arrival at the department, you will be given a small injection of radioactive tracer. As soon as this tracer has been injected, we will start taking the pictures. Whilst the pictures are being taken, you will be asked to lie on your back on our scanning couch and the camera will be positioned above you. The camera will not touch you, but will be quite close to you. The scan will take approximately 1–2 hours.

We will ask you to take off your shoes and remove jewellery and metal items from your pockets. There is no need to take off your clothes for the scan but if any of your clothing has metal studs or buttons, you may be asked to remove it.

What happens after my HIDA scan?

Once your HIDA scan is completed, you may leave the department immediately. You will be able to eat and drink what you like. You may go anywhere you wish but we ask you to avoid prolonged close contact with children and pregnant individuals for the rest of the day. This is to avoid exposing children to unnecessary radiation.

Are there any side effects?

The tracer that we inject will not produce any side effects. You can continue with your usual daily activities. In particular it will not make you drowsy and so will not prevent you from driving a car.

How will I get the results of my HIDA scan?

Your HIDA scan will be reported on by the nuclear medicine consultant within 48 hours of completion. The results of your test will then be made available to the doctor who referred you.

Important points

- Due to the nature of these investigations, we advise that **you should not be accompanied by anyone who is pregnant and should not bring young children to the department.** With most of these investigations, the level of radioactivity will have decreased to a safe level by the time you arrive home after the scan. However, some investigations need more specific restrictions with regards to contact with young children and these will be explained.
- We are committed to ensuring patients are free from discrimination regardless of their gender or sexual orientation. If your gender was female at birth and you are transgender or non-binary, please inform a member of staff as we legally need to rule out the possibility of pregnancy before we can go ahead with some of our examinations. This information will not be recorded or shared without your consent.
- If you are afraid of needles, you can ask for a spray to numb the area, before your injection.
- If you are **pregnant or breastfeeding**, please contact the department as soon as possible to find out if you can have this test. Generally, nuclear medicine tests are not carried out on pregnant individuals unless absolutely necessary and then the dose of radioactivity will probably be reduced.

Contact us

If you have any questions please contact us:

Nuclear Medicine Department

Sutton: 020 8661 3762 / 3286

Chelsea: 020 7811 8541

Email: rmh-tr.rmnnuclearmedicine@nhs.net

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899

You can ring the hotline 24 hours a day, 7 days a week.

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments.

This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre
Freephone: 0800 783 7176
Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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