

Patient information

Bone scintigraphy

Dear patient

On behalf of the Director of our Nuclear Medicine Service and the Management of University Hospital Zurich we cordially welcome you. We expect you for an outpatient examination.

Upon arrival at the hospital, please present yourself to our reception desk, which is located immediately to the right of the main hospital entrance. For administrative purposes, please bring along your insurance certificate and show it to our receptionists.

What is a bone scintigraphy

A bone scintigraphy produces images of your bones and indicates where turnover of bone is increased or decreased. For this purpose, a small amount of radioactivity, bound to a substance incorporated into your bones is injected, and after an appropriate waiting time, images are obtained with a camera suited for this purpose. Depending on your illness, only late images or an early and a late images are obtained.

Preparation for a bone scintigraphy

- There are no dietary restrictions prior to the examination.
- You can take all your medications as prescribed.
- If you have pain, take adequate amounts of painkillers, as you need to lay still on your back for some time.

Examination proper

At the beginning of the examination, we will inject a bone-seeking, slightly radioactive substance into one of your arm veins. In this way, we can examine your bone metabolism.

Images are taken after 3 hours and require 30 – 60 minutes. During the time between injection and imaging, you may leave our service. There are essentially no dietary restrictions during this waiting time. It is mandatory, that you drink at least 1 – 2 liters of watery liquids (no milk products).

In certain situations, we will need to take early scans right after injection, which will show us the perfusion of your soft tissues. These scans will take around 30 minutes.

After the exam

no precautions are required after the exam

Radiation dose

The dose of ionizing radiation given for this examination is comparable to the yearly natural radiation dose in Switzerland. This dose is not affected by the number of images taken. If you know or think, that you are pregnant, please call us and let us know until noon of the day prior to the examination.

You should also contact us, if you take care of children younger than 6 years. Furthermore, please note, that children or young adults are not permitted to accompany you to the examination.

Side effects such as allergies are exceedingly rare. Please let us know if you experience any. The examination can also be done on children.

The evaluation of your examination takes some time. Hence, we cannot give you any results right after the examination. We will transmit the results and the images taken to the referring physician as soon as they are ready.

Please note:

If you are unable to keep your appointment, you have to let us know by phone no later than noon of the day preceding the examination. Else we have to bill you for the cost of the examination.

Phone: +41 44 255 35 55

Parking space around the University Hospital is very limited and maximum parking time is two hours. We kindly ask you to use public transportation, whenever possible.