

# 骨扫描

## 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.

骨扫描是一种骨骼问题或疾病的检查。通过使用极少量放射性对比剂，医生可以更清晰地观察您的骨骼，结果比X射线检查更准确。

此检查有两部分。**每一部分的检查都请准时到达。**

请在\_\_\_\_\_日上午/下午\_\_\_\_\_点前接受第一部分检查。

工作人员会告诉您何时回检查区接受第二部分检查。

**如对药物、食物或其他物品过敏**，检查前要向工作人员说明。

**如果您哺乳、已怀孕或认为您可能怀孕**，请在检查前告知工作人员。

### 准备

- 在本检查前4天内，请勿服用任何含铋的药物，如胃肠用铋（Pepto-Bismol）。
- 在骨扫描前4天内，请勿进行任何使用钡的X线检查。
- 检查前，请取下任何首饰、尖锐物品或其他金属物体。
- 您可能需要穿上医院的罩衣。

## 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.**

## 检查期间

### 第一部分：

医护人员为您的上臂进行静脉注射。注射液中加入了对比剂。根据检查目的，您可能需要在注射对比剂后马上进行扫描，或者等待约3小时进行扫描。

扫描期间，您需要在扫描台上躺大约1小时。在扫描期间请平躺并保持不动。每次扫描大约需要1小时。

### 第二部分：

约3小时后，您将接受全身扫描。扫描期间您需要平躺在扫描台上。这部分检查大约需要1小时。

## 检查之后

- 检查当天和检查后第二天，请摄入大量的水或其他液体。这有助于您的身体排出对比剂药物。
- 放射性物质将在2-3天后从您的体内排出。
- 检查结果会发送给您的医生。医生会告知您检查结果。

**如果您有任何疑问或疑虑，请咨询您的医生或护士。**