

# Iskaanka Lafta

## 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.

Iskaanka lafta waa baaritaan lagu ogaado dhibaatooyinka lama cudurada lafta. Qadar aad u yar oo ah daawada shoocaaca, oo loo yaqaan raad raac ama muujin, ayaa la isticmaalaa si laftaada looga ogaado macluumaad dheeraad ah oo uusan dhaqtarku ku ogaan karin raajada.

Baaritaan waxa uu ka kooban yahay 2 qaybood. **Waqtiga loogu talagalay imoow qayb kasta oo baaritaanka ah.**

Imoow qaybta koowaad ee baaritaanka marka ay tahay \_\_\_\_\_ subaxnimo / galabnimo maalinta \_\_\_\_\_.

Shaqaalaha ayaa kuu sheegi doona marka ay tahay inaad dib ugu soo laabato goobta si aad u sameyso baaritaanka qaybta labaad.

**Haddii aad wax xasaasiyad ah ku qabto** daawooyinka, cuntooyinka, ama waxyaabaha kale, u sheeg shaqaalaha kahor baaritaanka.

**Haddii aad tahay hooyo naasnuujisa, uur leh ama aad isleedahay waad noqon doontaa**, u sheeg shaqaalaha kahor baaritaanka.

## 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.

## Si aad U diyaargarowdid

- Ha qaadan daawo leh kiimiko, sida Pepto-Bismol, muddo dhan 4 maalmood kahor baaritaankaan.
- Waa inaad sameyn wax baaritaan raajo ah ayadoo la adeegsanaayo barium muddo 4 maalmood ah kahor inta aan lagugu sameyn iskaanka lafta.
- Iska saar dahab, bir ama macdan kasta oo kale kahor baaritaanka.
- Waxaad codsan kartaa in lagaa badelo dharka isbitaalka.

## 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.**

## Inta lagu jiro Baaritaanka

### Qaybta 1 aad:

Tuubada IV (intravenous) ayaa la surayaa xididka gacantaada. Daawo raad raac ah ayaa lagugu duri karaa Tuubada IV. Ayadoo lagu saleynaayo baaritaankaaga, waxaa laga yabaa in lagaa qaado iskaan isla marka aad hesho daawada raad raaca, ama waxaad sugi kartaa 3 saacadood kahor intaan iskaanka lagugu sameyn.

Waxaad ku seexanaysaa miis inta iskaanku socdo, waxay qaadan kartaa hal saac. Si siman ayaad ugu jifanaysaa miis illaa baaritaan kasta dhamaanaayo. Iskaan kasta waxa uu qaadanayaa 1 saac.

### Qaybta 2 aad:

Muddo 3 saacadood kadib, waxaad iskaan lagu sameyn doonaa jirkaaga oo dhan. Si siman ayaad ugu jifanaysaa miis inta uu socdo iskaanka. Tani waxay qaadanaysaa 1 saac.

## Baaritaanka kadib

- Cab biyo badan ama cabitaan maalintii ama maalinta ka horeysa baaritaankaaga. Arintani waxay jirkaaga ka caawin doontaa inuu iska saaro daawada raad raaca.
- Shooacaacu waxa uu jirkaaga ka bixi doonaa 2 illaa 3 maalmood kadib.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

**La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.**