

Patient information leaflet

Instructions for the parent/guardian of children undergoing a dynamic kidney scan under sedation.

Radiology department

Introduction

We hope this guide will answer your questions about your child's dynamic kidney scan with sedation. Please contact the team if you require further information via the details at the end of this leaflet.

What is a dynamic kidney scan?

A dynamic kidney scan is a test that uses a small amount of radioactive tracer (a solution often known as radiotracer or radioactive isotope) that is injected into the bloodstream to obtain pictures of your child's kidneys and how they function.

The radiotracer travels through the area being examined and gives off radiation in the form of gamma rays, which are detected by a special gamma camera and a computer to create images of your child's kidneys.

Why does my child need to have a dynamic kidney scan and what is the need for sedation?

Your child will have this scan as it will help the doctor to decide on the cause of your child's symptoms. This procedure will give clearer information to the specialists treating your child, without causing any side effects or discomfort to them.

These scans are lengthy procedures which will require the patient to remain still for approximately 30 minutes, so oral sedation enables the nuclear medicine team to obtain diagnostic images with minimal movement from your child.

Dynamic kidney examinations require cannulation for the injection part of the scan and will be done before sedation is given.

What are the associated risks?

The amount of radioactive tracer used to take the pictures is very small and the radioactivity is short lived. The risk is outweighed by the benefit from the information that is gained by taking the scan. A doctor will have checked the request to make sure this is the optimal test before we contact you.

This procedure involves receiving a dose of a radioactive tracer, this does not have any known side effects and does not make you feel drowsy.

Pregnancy

If the parent/guardian is pregnant or think they may be pregnant please tell the radiographer **before** the appointment date, as you may need to arrange someone else to attend nuclear medicine with your child for their scan.

Version 1 | Paula Sandhu | Nuclear Medicine | Date ratified: May 2025 | Review date: May 2028



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Preparing for your child's procedure including medication

Please contact the department if your child is taking diuretic medication (water tablets) before the day of your appointment as we may have to stop them before the scan.

Unless directed by your consultant please continue to take other medication as usual.

The day of the procedure

On the morning of your child's appointment, please could you contact Dolphin ward on 01279 827173 to check bed availability at 7am.

If you cannot get through please keep trying as there is no answerphone service.

Try not to dress your child in clothing that has any metal or zips so we do not disturb the child once they have been sedated.

Please keep your child nil by mouth before attending Dolphin ward.

This includes;

- **6hrs for solids and milk (including formula)**
- **4hrs for breast milk**
- **2hrs for water**

Can a parent/guardian/next of kin stay with the child for the scan?

Parents/ guardians/ next of kin are welcome to attend the appointment, but a maximum of two will be allowed to enter the scanning room with the child.

Can someone stay with me in the hospital?

You are able to have a friend or relative attend with you, as long as they are not young children or pregnant.

Children are not allowed in the waiting area unattended. Our staff are not permitted to supervise children, so please ensure child care arrangements are in place to avoid your tests being rescheduled.

Getting to us

The Princess Alexandra Hospital (Hamstel Road, Harlow, Essex, CM20 1QX) follow the signage to Dolphin ward, which is located on the first floor, green zone.

When should I arrive?

You should take your child directly to Dolphin ward for their cannulation and sedation at the given appointment time. A notification through text or letter should have been sent to you to confirm this appointment.

You do not need to go to the nuclear medicine department first.

When you reach Dolphin ward please press the call bell at the door (on the right-hand side on the wall) as the staff will need to let you in.

What happens when we arrive on Dolphin ward?

When you arrive on Dolphin ward you will be greeted by a staff nurse who will introduce themselves, admit your child to the ward and allocate them a bed bay. They are also there to answer any questions you may have.

Your child will first be weighed and a set of observations taken (e.g. temperature and pulse rate). A doctor will then assess your child to make sure they are fit and well enough to have the sedation. If your child is unwell on the day the scan may be postponed.

Once the initial checks are completed, a cannula will be inserted and then oral medication will be given to your child to sedate them. The time it takes for children to fall asleep varies. On average this can take 15-60 minutes.

When your child is asleep the nurses will inform the nuclear medicine department, and the porters will be organised to collect your child from the ward to take you to the scanning department.

What happens when you arrive in the nuclear medicine department

When your child reaches the nuclear medicine department a member of the team will greet you, explain the procedure and answer any questions you may have.

Your child will then be transferred and positioned on the scanning table. The radiographers will try to make your child as comfortable as possible.

The procedure

The injection of the diuretic and the radio tracer will be given via their cannula and the scan will be started immediately. There are no known side effects

This part of the examination may take up to 30 minutes.

After the procedure

After the scan is complete, the porters will be informed and they will take you and your child back to Dolphin ward, where you will remain until your child wakes up. The time it takes to wake up can vary from patient to patient.

Once your child is awake and alert they can then have something to eat and drink. You may wish to bring your own snacks but the ward can provide a meal. You will be given a menu on arrival to select your choice.

Food will only be provided for your child but feel free to bring food in for yourself.

When your child is fully awake a discharge summary will be provided summarising your child's stay. Once this is done you can go home.

As your child will be slightly radioactive they should avoid close contact with other children and pregnant women for the rest of the day. Close contact means having a child sit next to them for more than half an hour. This is to avoid exposing other children to unnecessary radiation.

Try to encourage your child to drink more than usual to help clear the radiation from their body and be aware your child may pass urine more frequently due to the effects of the diuretic medication.

As your child's urine will now be slightly radioactive for the next 24 hours please wear gloves to change your child's nappy, bag and dispose the used nappy in an outside bin.

When will I get my results?

You will not know the results of the examination immediately. The radiologist will report their findings to the clinician who arranged the procedure, who will discuss the results with you. It usually takes a couple of weeks for the results to become available.

Contacting the team

If you have any further questions, please contact the nuclear medicine team on; **01279 827120**, from **Monday to Friday, 8am to 4pm**.

There is an answerphone available outside of these hours. Please leave a message and a member of the team will contact you.

Dolphin ward telephone number: - 01279 827173

Your feedback matters

If you would like to give feedback on your care, please contact our patient experience team at paht.pals@nhs.net or **01279 827211**.

Please contact the communications team at paht.communications@nhs.net if you would like this leaflet in another language or format.