



Kingdom of Saudi Arabia
National Guard Health Affairs
King Abdulaziz Medical city
Medical Imaging Department

Nuclear Medicine Section

How to Clear Your Body from Radiation

Pregnancy And Breast feeding Precautions



General Instructions:



- ✓ - Patient SHOULD bring his medical card at each visit in order to avoid cancellation.
- ✓ - If you cannot attend the appointment please contact us at least one day before the date of the exam ,therefore you will be serving another patient on the waiting list, and you'll get an early date that is suitable for you.
- ✓ -For appointment change or cancellation, please contact the Tel: 8011111 Ex:11896 or Ex:13467.
- ✓ -Your appointment will be canceled automatically in case of No-Show on the specific time.
- ✓ -The presence of more than one companion with the patient is not allowed in the waiting area NOR the scanning room.

CLEAR YOUR BODY:

You have to clear your body from any excessive radiation your body doesn't need, Pre and Post the scan.

All you need to do is to;



- Drink lots of water for the whole day, one day before and on the same day you have your scan.
- Frequently going to the toilet to empty the bladder from residual radiation in the urine.

Pregnancy Status:



If you are in doubt that you are pregnant;
You **SHOULD NOT** proceed with the radio-scan,
Unless it's an emergency.

“You should make sure you do pregnancy blood test, in the Hospital's laboratory. “

Breast feeding:

If you have an infant and you are Breast feeding, and received a radio-isotope through your Veins OR mouth, it will be directly accumulated in breast milk you have.

There so, breast feeding must be ceased according to the instructions the medical staff gives you.

“Do not forget to mention that you are breast feeding to the medical staff.”

