

Your GFR Test explained (NGFR4)

Please read this patient information carefully as it contains information about preparing for the scan

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Aim of the patient information

This patient information is for patients having a Glomerular Filtration Rate (GFR) test. It aims to tell you what a GFR test is and what will happen.

General information

A doctor has asked us to measure your kidney function.

If the appointment clashes with another outpatient appointment or test, or you are unable to attend on the day, please contact the department as soon as possible. We can then reschedule the test and assign the appointment to another patient.

As the test involves small amounts of radiation, we ask that you are **not** accompanied by children under 18 or anyone who may be pregnant. You may bring one adult with you to the department.

Benefit and risks of the test

Everyone receives some radiation every day from the radioactivity in the air, food we eat and even from space. The amount of radiation for this test is similar to your natural exposure over a week so the risks associated with it are low.

The main benefit of the test is making the correct diagnosis, so you can get the treatment that is right for you. This benefit is far greater than the small risk from radiation.

Preparation

If you are pregnant or breast-feeding you must inform the department as soon as possible as special arrangements may have to be made.

If you have any conditions which involve abnormal fluid build-up (e.g. ascites or oedema), please contact the department prior to your test.

From 10.00pm onwards on the night before your appointment **and** for the duration of the test, please:

- refrain from having caffeine
- avoid high protein foods – such as lean chicken, lean pork, fish, lean beef, tofu, beans, lentils, low-fat yoghurt, milk, cheese, seeds, nuts and eggs
- avoid heavy exercise

- drink lots of fluids

If you are taking Water Tablets (Diuretics), please refrain from taking these tablets on the day of the test and bring them with you when you attend.

On the day of your appointment, please also bring with you a list of all medication that you are taking (your repeat prescription sheet if possible).

What does the test involve?

The test involves giving a small injection of a radioactive material into one of the veins in your hand or arm. The procedure is very similar to having a blood sample taken. There should be no ill effects from the injection.

You will then be free to leave the department for 2 hours, or alternatively, you are welcome to stay in or around the department if this is more convenient.

When returning to the department 2 hours post-injection, a blood sample will be taken from the opposite arm to which your injection will have been given. Further blood samples will be taken at 3, 3.5 and 4 hours post-injection (4 samples in total).

After the test

For the rest of the day, you must take extra care to wash your hands thoroughly after toilet use, sit down when you use the toilet and to flush the toilet twice. You must also continue to drink extra fluids and empty your bladder frequently. This will improve the clearance of the radiation from your body.

When the test is completed, the results will be reviewed and a report will be made available to the doctor who has requested the test.

Radiation information

If you would like to find out more about medical radiation, please access the following link:

<https://www.gov.uk/government/collections/medical-radiation-uses-dose-measurements-and-safety-advice>

Contact details

Department of Nuclear Medicine

Lincoln County Hospital 01522 573103

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If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net