

# Your Gastrointestinal Bleed Scan explained (NGIBS)

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

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## Aim of the patient information

This patient information is for patients having a Gastrointestinal (GI) Bleed scan. It aims to tell you what a GI Bleed scan is and what will happen.

## General information

A doctor has asked us to take pictures of your abdomen. These pictures will show any possible bleeding and its location. Please ensure you are free all day for this test.

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.

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

If you have mobility issues, are incontinent or claustrophobic please contact the department on the number provided.

## 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 in a nuclear medicine test is similar to your natural exposure over a year. The risks associated with this 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.

If you have any concerns, please contact the department in advance or ask to speak to someone on the day of your scan.

## Preparation

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

Please bring with you a list of any medication that you are taking (your repeat prescription sheet if possible). **Please eat and drink as normal.**

## What does the test involve?

The test involves giving two small injections into one of the veins in your hands or arms approximately 30 minutes apart. The first injection prepares your blood for the test, and the second injection contains a radioactive tracer. There should be no ill effects from the injections. You will be asked to lie flat on a bed for the second injection.

As soon as the injection has been given, pictures are taken using a Gamma Camera continuously for an hour to produce a film of your abdomen (see photo below). It is important to lie as still as possible to avoid blurring the pictures. We will then ask you to empty your bladder, and have some more pictures taken. These pictures normally take between 60 to 90 minutes.

You are then free to leave the department but may need to return at hourly intervals for further pictures which normally take 5 minutes each.



## 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 images will be reviewed, and a report will be 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>

## The camera

The Gamma Camera used to take the pictures has an open design and the majority of patients complete the test without any discomfort.

## Contact details

If you have any questions about any of this information, please contact the Nuclear Medicine Department on 01522 573103.

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[www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust](http://www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust)

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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](mailto:ulth.patient.information@nhs.net)