

# Your Renogram explained (NREND, NMREN)

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 renogram. It aims to tell you what a renogram is and what will happen.

## General information

A doctor has asked that we take some pictures of your kidneys, and the flow of urine from your kidneys to your bladder.

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 3 months. The risks linked 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.

If you take **Water Tablets** (also known as Diuretics) do not take any tablets on the day of the test and bring your tablets with you when you attend. 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.**

For **Paediatric** tests only (usually 0 to 15 years), please arrive at the nuclear medicine department **1 hour** before your appointment time (allows time for cannulation).

## What does the test involve?

You will be asked to lie flat on a bed and a small injection of a radioactive tracer will be injected into one of the veins in either your hands or arms. There should be no ill effects from the injection. As soon as the injection has been given, pictures are taken using a Gamma Camera continuously for 30 minutes to produce a film of your kidneys working (see photo below). It is important to lie as still as possible to avoid blurring the pictures. You may also be given an injection of a diuretic during the scan, which will help your kidneys work harder.

It is very common that we need to take quick extra pictures afterwards to help further assess your kidneys and urine flow. Once completed, you are free to leave the department. This test will take up to 2 hours 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 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)