

# Information for Patients

## Dopamin-Transporter Brain Scan (DaTScan)

### Dear patient

On behalf of the Director of our Nuclear Medicine Service and the Management of University Hospital Zurich we cordially welcome you. We expect you for an outpatient examination. With this information sheet, we would like to inform you on the procedure of the examination you will undergo.

#### Reception

Upon arrival please turn to the reception desk of the Nuclear Medicine Service, which you find immediately to the left after entering through the main hospital entrance. Please bring your insurance certificate or a copy of it to present this to our receptionists, as it contains valuable administrative information for us.

#### Preparation for your brain scan

You do not need to follow any dietary restrictions prior to the examination.

Also prior to the examination you will receive a medication by mail, which blocks the uptake of iodine into your thyroid gland. Iodine is an important ingredient of the substance you will receive at the examination time. Detailed instructions on how to take this medication are given in the accompanying instruction letter.

Do not discontinue any Parkinson medication, if you take any (e.g., Levodopa, Amantadin, Selegilin etc.). Possibly, you have to discontinue other medication, which could influence the scan. Details on this you should discuss with your referring physician.

In any case, please bring along a list of your current medications to the appointment.

#### Information regarding the brain scan proper

At the beginning of the examination our staff will inject a slightly radioactive substance into one of your arm veins. Recording of the brain images takes place between three and six hours post injection. During this uptake time, you are free to move around and can eat and drink without restrictions.

Imaging proper takes around 45 minutes. For best image quality, it is very important, that you do not move your head during the exam. The camera heads

will be placed close to your face. Please inform us prior to scanning, if you are very claustrophobic.

#### Radiation exposure

The radiation exposure of the examination is comparable to that of an X-ray examination. If you are unsure about pregnancy or are pregnant, please inform our staff prior to substance injection. If you take care of children below age 6, please contact us. Please also note, that children or juveniles should not accompany you to the examination.

#### Side effects

Side effects like allergies to the injected substance are extremely rare. Please inform us about preexisting allergies. The examination can also be carried out on children without any problems.

The examination time assigned to you is binding for us.

Rarely, emergency patients need to be given priority, and you need to wait. Thank you for understanding. The analysis of the exam requires time. Hence, we cannot inform you on the results immediately after the end of the examination.

The report and the imaging documents will be sent to your physician. He will inform you on the results.

#### Please note:

**If you need to cancel the appointment with us, you need to inform us until noon of the day preceding the examination at latest. Else, we have to charge you for the examination costs.**

**Phone: +41 44 255 35 55**

Parking space around the University Hospital is very limited and maximum parking time is two hours. We kindly ask you to use public transportation, whenever possible.