

***** This is a sample letter and should be used for reference purposes only. *****

Radioactivity After a Nuclear Medicine Procedure

Patient Name: _____

Nuclear medicine procedure date: _____

Radioactive tracer received: _____

- The tracer will become less radioactive through a natural process called radioactive decay.
- Depending on the tracer you receive, it will pass from your body through your urine, stool, and other bodily fluids.
- To help the tracer leave your body quicker, drink plenty of fluids for the next 24 hours.
- Always wash your hands thoroughly after using the washroom.
- Unless instructed otherwise by a health professional, the tracer does not affect your regular daily activities.
- If you are breastfeeding, please discuss instructions with the technologist.

Travelling After a Nuclear Medicine Scan

Name of Radioactive Tracer	Number of Days you <i>may</i> be Detectable
Fluorine-18 (¹⁸ F)	1
Technetium-99m (^{99m} Tc)	3
Iodine-123 (¹²³ I)	3
Indium-111 (¹¹¹ In)	14
Gallium-67 (⁶⁷ Ga)	30
Thallium-201 (²⁰¹ Tl)	30
Lutetium-177 (¹⁷⁷ Lu)	90
Iodine-131 (¹³¹ I)	90

Across the world there is a growing number of sensitive radiation detectors installed at border crossings, airports, public transportation locations, large public events, and other transportation ports. It is important to be aware that all border crossings are equipped with radiation detectors.

As a nuclear medicine patient, you may trigger these detectors. Depending upon the radioactive tracer used for your procedure, it may be detectable for an extended period. The table above shows how long you may have the detectable tracer in your body and could set off a radiation detector.



If you are planning to travel or visit any location that may have radiation detectors, ask your medical team for a Nuclear Medicine Patient Confirmation Letter for Travel. This letter will *not* prevent you from being pulled over at a border. However, it will provide security personnel with an explanation as to why you may have triggered a radiation detector. Please know that there is a chance you may be denied entrance into a country even though you have the letter.

If you have any questions regarding your nuclear medicine procedure or the procedures you need to follow afterwards, please contact:

[insert contact information]

SAMPLE