

For children having an IDC

An IDC (indirect cystogram) is a nuclear medicine scan which is performed immediately after a Renogram (kidney scan). It is used to detect any signs of urinary reflux from the bladder back up to the kidneys and/or to assess the drainage of the kidneys when the bladder is full vs. empty.

Is it safe for my child to have the scan?

For this scan it is necessary to inject a small amount of radioactive tracer, called a radiopharmaceutical, in order to take the pictures. The dose is calculated in accordance with your child's weight, so that it is as small as possible. The small risk from this radiation dose is outweighed by the information that will be gained by having the scan. Ask if you want any more information. All investigations are vetted by the Medical Physics Team to make sure this is the appropriate test for your child. If you don't understand why they need to have this scan please speak to the doctor who referred you.

Preparation for your scan

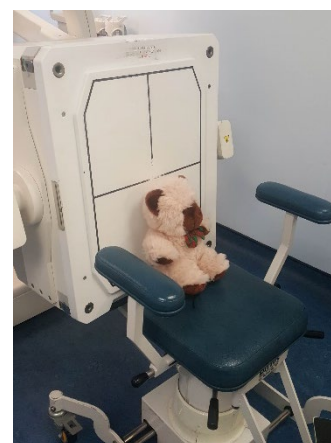
Your child should keep well hydrated before this scan (three cups of liquid before arrival and keep drinking once you get here), but can eat and take any medicines as normal.

The injection

Before arriving at the Medical Physics department, you will be given a time to go to Kempton Day Bed Unit (the children's ward) to have a cannula put into your child's arm or hand. **After this, you should come to the Medical Physics department in North Block, Level 1.** The injection for this scan will be given during the Renogram scan which happens prior to the IDC (please see the Renogram information leaflet for more information).

What happens during an IDC?

The scan is taken by a special machine called a gamma camera. Your child will sit on a bedpan in front of the camera with their back leaning against the camera. They will be covered with a gown and only one operator will stay in the room. Parents and guardians should stay in the room for this scan. Your child will then be asked to urinate whilst we take some pictures to see if there is any reflux. Once they have finished urinating, and the pictures have been checked, you will be allowed to leave the department.



After the scan

It is very unlikely that your child will feel any side-effects after the scan, but if you think that they have please let the Medical Physics Department know.

They may continue all your normal activities unless you have been advised otherwise. After the scan there will be some radioactivity left in the body but this will not present a significant risk to other people. The radioactivity will soon disappear, and if they continue to drink plenty of liquids this will help clear the radioactivity more quickly.

The results

The scan will be looked at by a specialist doctor, who will issue a report. The report will be sent to the doctor who requested the scan rather than to your GP. This is because the doctor who requested the scan will have all the results from other tests and will be able to tell you how the result of this scan affects your child's care.

Contacting us

Medical Physics Department, Level 1 North Block, Monday to Friday, 9.00 am to 5.00pm. If you have any questions about your child's treatment, please ask the staff looking after you or telephone 0118 322 7355 or email: rbb-tr.physics@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Physics & Clinical Engineering Department, January 2022.

Next review due: January 2024

The table below is a simple guide to the levels of radiation risks for various examinations. These are measured in millisieverts (mSv).

| Source of exposure (using RBFT local diagnostic reference levels (DRLs) for Nuclear Medicine) | Dose |
|--|------------------|
| Having a chest x-ray | 0.014 mSv |
| Taking a transatlantic flight | 0.08 mSv |
| MAG3 Renogram (adult dose only, weight-based dose for children will be up to a maximum of 0.3mSv) | 0.3 mSv |
| UK average annual radiation dose | 2.7 mSv |
| CT scan of the chest – CT scan of whole spine | 6.6 mSv – 10 mSv |
| Average annual radon dose to people living in Cornwall | 6.9 mSv |