



Breastfeeding advice for people having Nuclear Medicine tests

This leaflet gives important advice for breastfeeding patients having a Nuclear Medicine test. The test you are having is: _____

Important advice

For some Nuclear Medicine tests, you may be advised **not to breastfeed your baby for some time after the test**. This is because some of the radioactivity given in the test may be passed into your breast milk and we do not want your baby to swallow it.

Before the test

- If you can, express some breast milk **before the test** so that you can continue to feed your baby breast milk until it is safe to breastfeed once more. You may also use formula as an alternative.
- We recommend you feed your baby just prior to attending for your scan.

After the test

- You should not breastfeed for ___ **hours after the test**. This is because your breast milk contains some radioactivity.
- **You will need to express and discard your breast milk during this time**. You should express milk from both breasts at the times you would normally feed your baby.
- Try to express as much breast milk as you can.
- Throw away the milk (down the sink is fine) and **never feed it** to your baby.
- After ___ **hours** have passed, you may start breastfeeding your baby again. Your milk will no longer have any radioactivity left in it and it will be safe for your baby to consume.

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 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.

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