

Nuclear Medicine GFR (Glomerular Filtration Rate) Test

Your doctor has referred you for a Nuclear Medicine GFR Test.

It is important that you read the enclosed booklet "Information about your Nuclear Medicine Test" with this leaflet.

What is a GFR Test?

A GFR Test allows us to look at how your kidneys are working (GFR stands for 'Glomerular Filtration Rate'). The GFR Test involves an injection of a small amount of radioactive liquid followed by regular blood tests for up to 6 hours to see how your kidneys filter the radioactive liquid.

Do I need to do any special preparation before the GFR Investigation?

- **You must avoid** any drinks containing caffeine (e.g. tea, coffee, cola, energy drinks and fizzy drinks) from **10:00 pm** the night before your appointment. This **includes** de-caffeinated drinks as they still may contain trace amounts of caffeine.
- You should continue to drink other fluids as normal (e.g. water).
- You may eat a light breakfast but avoid high-protein foods (such as meat, eggs or beans).
- You must avoid excessive exercise before and during the test.
- You must avoid smoking during the test.
- You should be prepared to tell the person performing your test what medication you are taking. Please contact the department in advance if you are currently taking: Diuretics, Antibiotics, Sulphonamides, Amphotericin B, Aluminium.

What does a GFR Test involve?

A GFR Test involves an injection of a small amount of radioactive liquid into your arm, followed by a series of blood samples taken at regular intervals for up to 6 hours.

During this time you should remain in the department or ward to make sure the blood samples are taken on time.

How long does the procedure last?

The test typically lasts 4 hours, however you could be in the department for 6 hours if we need a later blood sample.

Your appointment

If you can't make this appointment please tell us as soon as possible – we can arrange another appointment. Please phone the number on your appointment letter.

Pregnancy and Breastfeeding

Where possible we try to avoid performing GFR Tests on patients who are, or may be pregnant. Therefore please contact the department if you are

- Pregnant
- Breast-feeding
- You think you could be pregnant

If you are booking transport through the Scottish Ambulance Service please contact them as soon as possible and advise them you will be in the department for approximately 6 hours.