

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’).

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

Some foods, drinks and physical activities can affect your test so please read the following information carefully.

- **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.
- **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, beans).
- **Avoid excessive exercise** before and during the test.
- **Avoid smoking** during the test.

Some medication can affect your test, so please bring a list of your current medication with you to the test. 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 GFR Test last?

The test typically lasts 4 hours, however for some patients a 6 hour blood sample is required.

Your appointment

If you can't make this appointment please tell us as soon as possible – we can arrange another appointment.

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 phone us first to discuss how long you will be in the department for. You can then contact the Scottish Ambulance Service with this information.