
INSTRUCTIONS for patients who will undergo a medical exam with radioactive Technetium-99m

If you undergo a medical exam with radioactive Technetium-99m (e.g. bone, kidney, thyroid scintigraphy):

1. Do not come close to pregnant women or children for **2 days** after administration of the substance.

2. In the first 24 hours:

- ✓ Keep a safe distance of one meter from others, especially young women of reproductive age.
- ✓ Avoid traveling for longer than 2 hours on public transport.
- ✓ Drink plenty of fluids (over 2.5 liters a day).
- ✓ Take precautions when using the bathroom:
 - *Male patients must sit when urinating.*
 - *Flush the toilet twice.*
 - *If urine gets spilled on the toilet seat for some reason, wipe it clean with absorbent paper, throw the paper in the toilet and flush twice. Wash your hands.*

3. Avoid sexual intercourse (leading to pregnancy) **for 24 hours**.

These recommendations are even stricter when you are surrounded by young individuals in your immediate environment and especially women of reproductive age.

**Please feel free to contact us
for further details.**