Appendix 1

**Guidance & Information for those defined as “Carers and Comforters” of Patients Exposed to Ionising Radiation In Diagnostic Nuclear Medicine Studies**

It is sometimes necessary for a family member or friend to be present during or after an examination where ionising radiation is involved, either to support, provide care to or reassure the patient. This person is legally called a “Carer and Comforter” and will receive a small amount of radiation.

You have been given this leaflet because a healthcare professional has identified you as a possible Carer and Comforter. It contains important information to allow you to agree to continue in this role.

We all receive radiation, known as ‘background radiation’ every day, from cosmic rays reaching the earth from space, radioactive minerals, certain foods and naturally occurring radon gas. We receive higher amounts of radiation if we live in areas with higher radon levels, or if we take international flights.

**How much radiation will I get by acting as a carer/comforter?**

Nuclear Medicine tests involve the administration of a small quantity of a radioactive drug usually as an injection into a vein. This can be detected by a special camera to create images of the inside of the body and its function. If you are required to support or assist a patient (including your child) during or after the test this may mean that you are a “Carer or Comforter”.

Your dose will be very small, and depends upon a number of different factors including the type of procedure, how close you are to the patient and the length of time spent near to them. You can reduce your dose by maintaining your distance from the patient and limiting the time you are near to the patient.

You can also reduce your dose by delaying contact for as long as possible after the radioactive administration. In some circumstances you may be asked to wear gloves or disposable aprons particularly if you are handling bodily fluids (including urine). Staff will advise about you about this matter and answer any questions you may have.

Provided that you follow the instructions from the healthcare professional the amount of radiation you will receive whilst caring and/or comforting the patient will be between a few days or weeks of natural background radiation.

Please tell us if you are, or might be, pregnant so we can decide whether it is appropriate for you to act as a Comforter and Carer. It will also allow the healthcare professional to make adjustments to make sure the dose to you and your unborn baby is as low as possible.

Children (those under the age of 18) would not normally be considered for the role of a carer and/or comforter but exceptional circumstances can be considered. The healthcare professionals will be able to advise you about this should this apply to you

Please ask the health care professional if you have any further questions or concerns prior to the start of the examination.

If you are to act as a comforter or carer we need you to sign this form before the examination, to state that you understand that you are agreeing to act in this role and to confirm that the small risks associated with the above exposure have been explained to you, and you knowingly and willingly accept the risks and wish to continue.

By signing below you are also agreeing that this form can be kept securely on file within the imaging information system.

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**To be signed by the carer and comforter before administration.**

|  |  |  |  |
| --- | --- | --- | --- |
| Printed Name |  | Date of Birth |  |
| Signature |  | Relationship to Patient |  |
| Date |  |

**To be completed by Healthcare professional**

|  |  |  |  |
| --- | --- | --- | --- |
| Patient Hospital Number |  | Date of Birth |  |
| Patient Name |  | Date of Examination |  |
| Healthcare Professional  Signature |  | Healthcare Professional  Printed Name |  |

**Exposure Parameters**

|  |  |  |
| --- | --- | --- |
| Examination/Radiopharmaceutical: |  |  |
| Activity (MBq) |  |  |
| Details of C&C Duties/PPE Issued. |  |  |