

Staff

Radiopharmaceuticals are handled by competent professional technologists, specially trained in this field and members of the Ordre des technologues en imagerie médicale, en radio-oncologie et en électrophysiologie médicale du Québec (OTIMROEPMQ).

Useful links

Ordre des technologues en imagerie médicale, radio-oncologie et électrophysiologie médicale du Québec (in French only)

www.otimroepmq.ca

Canadian Nuclear Safety Commission
<http://nuclearsafety.gc.ca/eng/>

Legislation and Monitoring

Strong regulations exist at both the provincial and federal levels. Health facilities must obtain licences for the use of radiopharmaceuticals, and undergo regular inspections.

Montreal Heart Institute Affiliated with the Université de Montréal

Version 2. 5 of May 25, 2022
Reviewed September 25, 2025



**INSTITUT DE
CARDIOLOGIE
DE MONTRÉAL**

Nuclear Medicine Department

Information about Radioactivity and Ionizing Radiation

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H1T 1C8
514-376-3330
www.icm-mhi.org/



Tel.: 514- 376-3330 #3214

Radiation



Your doctor has prescribed a scintigraphic study in order to answer questions about your health.

This is a medical imaging test following the administration of a very small amount of a radioactive product called a radiopharmaceutical.

The radiopharmaceuticals used have the property of attaching themselves to the organ or tissue that one wishes to explore. The radiation they emit will allow the acquisition of images through the use of cameras. The radiopharmaceuticals used for your examination will be eliminated naturally within a few hours. The dose of radiation, or radioactivity, to which you will be exposed is extremely low and there is no toxicity at such levels. Allergic reactions to radiopharmaceuticals are possible but very rare.

In addition, the MHI Nuclear Medicine Department is committed to minimizing the doses of radiopharmaceuticals used.

Is it safe to undergo a nuclear medicine exam?

Radiation is naturally present everywhere and we are all exposed to it on a daily basis. This radiation comes from certain materials in the ground, cosmic rays, our food, etc.

The radiation dose you will receive during your examination is very low. As an indication, it corresponds to the natural radiation to which you are exposed during one to several years.

At such a low level of exposure, no detriment on health has been demonstrated. Your treatment team believes that the expected benefits of performing this examination outweigh any potential risk associated with the examination.

The majority of radiopharmaceuticals used at the MHI are eliminated in the urine. Thus, in order to accelerate the natural elimination of radiopharmaceuticals, we recommend that you drink plenty of fluids for the next 24 hours, unless otherwise advised by your doctor.

And how about the people around you?

During the hours following your treatment, you will be likely to emit very low doses of radiation that present a negligible risk to yourself and any persons in contact with you.

No special precautions are recommended for those around you after your treatment, including young children or pregnant women.

Travel

Highly sensitive radioactivity detectors are present in certain public places such as airports and border crossings. These can detect the presence of minimal radioactivity several days after your examination. If you plan to travel in the coming weeks, a certificate can be provided upon request.

