

Guidelines for breastfeeding mothers undergoing a Nuclear Medicine scan

What is a Nuclear Medicine scan?

It is a simple procedure, similar to an X-ray, in which a small amount of radioactive material is used to provide pictures that will help your doctor understand your condition.

How does this affect my breast milk?

During breastfeeding some of this radioactive material can pass from mother to baby in breast milk. To prevent affected milk passing to your baby, follow the simple instructions below.

- Feed your baby naturally before the test
- Before the procedure, express at least one feed and discard or store in a fridge or freezer
- Three to four hours after the test express your milk as completely as possible and discard it
- Do not resume breast feeding until indicated by the instructions

When can I start breastfeeding again?

This will depend upon the type of Nuclear Medicine scan you have had.

For some tests you may have to stop breastfeeding altogether.

Please follow the ticked instructions:

- You must express all of your breast milk and discard it for _____.

Do not breastfeed your baby during this period.

- You may resume breastfeeding on:

Does my breast milk have to be checked before I start feeding at the time indicated?

No, you can resume feeding as normal when instructed by the Nuclear Medicine Technologist.

The Nuclear Medicine Technologists are happy to answer any questions, so please contact the department for further information.

Contact us

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