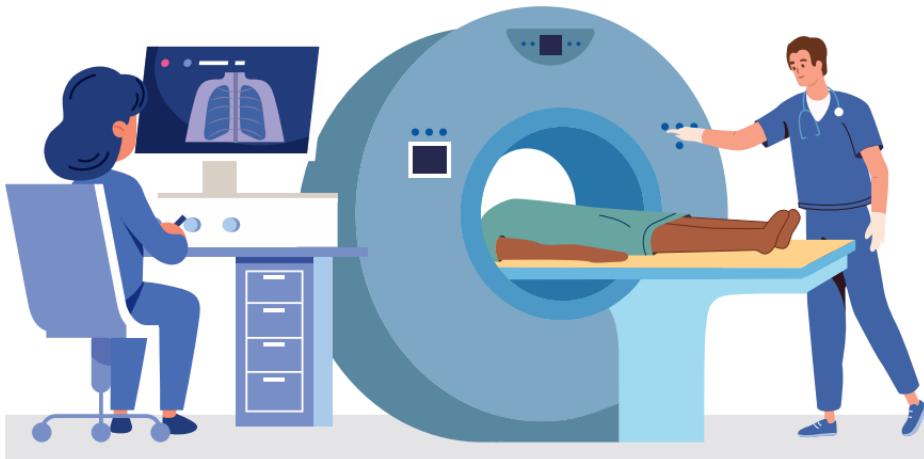


# Your Lung Ventilation and Perfusion Scan Journey



This booklet explains what to expect during your Lung Ventilation and Perfusion Scan (V/Q Scan). This test looks at how well air and blood are flowing through your lungs, helping diagnose conditions such as blood clots or uneven airflow. Our goal is to keep you informed, comfortable, and supported at every stage.

We are dedicated to providing the highest quality care. If you have any questions, please speak with your doctor or the nuclear medicine team.

## What is a V/Q Scan?

A Lung Ventilation and Perfusion (V/Q) Scan is a two-part nuclear medicine test that shows how air (ventilation) and blood (perfusion) move through your lungs.

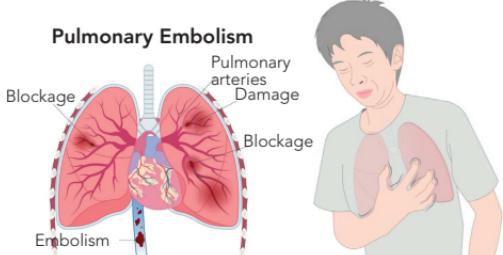
It is most commonly used to check for a pulmonary embolism (PE) — blood clot in the lungs — but may also help assess other lung conditions or uneven airflow.

## Why This Scan May Be Needed

Your doctor may refer you for a V/Q Scan if you have:

- Sudden shortness of breath
- Chest pain, especially when breathing
- Suspected pulmonary embolism (PE)
- Chronic lung conditions (e.g. COPD, asthma)
- Pre-operative assessment for lung surgery.

The test helps determine whether the lungs are getting enough air and blood flow and whether there are any mismatches between the two.



# How to Prepare for Your Scan

Please observe the following tips to help ensure the Scan goes smoothly:

- **Clothing:** Wear loose, comfortable clothes without metal (zips, underwire, etc.) around the chest. You may be asked to change into a gown.
- **Medications:** Take your usual medications unless instructed otherwise. Bring a list of your current medicines.
- **Pregnancy/Breastfeeding:** Let us know if you are pregnant or breastfeeding before the test.
- **Infections:** If you have a cold, cough, or are unwell, please inform the department in advance; you may be asked to reschedule.



# What to Expect on the Day

## STEP 1 Arrival and Check-In

Please arrive 15 minutes early and check in at the front desk. A member of our nuclear medicine team will meet and escort you to the nuclear medicine department.

## STEP 2 Ventilation Scan

- You will be asked to breathe in a harmless radioactive gas or aerosol through a mask or mouthpiece.
- This allows imaging of the air flow in your lungs.
- The process takes about 10–15 minutes, and you may be asked to hold your breath briefly at times.

## STEP 3 IV Line and Perfusion Scan

- A nurse will insert an IV cannula into your arm for the injection of a small amount of radioactive tracer.
- A special camera will take images showing how blood flows through your lungs.
- This part also takes about 10–15 minutes.



## STEP 4 After the Scan

- A nurse will remove the IV and you may go home.
- You can return to normal activities straight away.
- Drink plenty of fluids to help clear the tracer from your body.
- Your doctor will receive the results within a few days.

### FAQs

These are some common questions about VQ Scans.



#### Q: Is the Scan safe?

**A:** Yes. Both the gas and injected tracer are safe and contain low levels of radiation. The amounts used are carefully controlled.

## **Q: Will I feel anything during the Scan?**

**A:** The ventilation part involves normal breathing and the injection feels like a blood test. Most people feel no side effects.

## **Q: How long does it take?**

**A:** The full procedure takes 30 to 45 minutes.

## **Q: Can I drive home afterwards?**

**A:** Yes. The Scan will not affect your ability to drive or work.

## **Q: Will I be radioactive after the test?**

**A:** The radioactivity is minimal and leaves your body naturally, mostly within 24 hours. It is safe to be around others.

## **Q: Are there any side effects?**

**A:** Side effects are extremely rare. You may feel a slight metallic taste or light-headedness briefly during the Ventilation Scan, but this passes quickly.



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