

PATIENT INFORMATION

Patient's Name: _____

You have an appointment in the Nuclear Medicine Department on:

Date: _____ **Time:** _____

Please arrive 10 minutes early. This gives you time to check in. Please bring with you photo identification and your BC CareCard (personal health number).

Please do not bring your children with you unless you bring someone to care for them while you are having the test.

If you are not able to keep your appointment, please call **604-806-8008** as soon as possible. Please give us at least 24 hours notice so we can use your time for someone else. When you call, we will give you another date and time for your test.

Things you need to know

Why am I having this test?

Your doctor wants to check if how well your body absorbs Vitamin B12. It is commonly called the Schillings Test.

What do I need to do before the test?

★ Are you allergic to latex? Pregnant? Breastfeeding? Please tell us★

Stop Vitamin B12 shots (injections) for one month before this test.

Stop taking Vitamin B12 pills for 2 weeks before this test.

Starting 4 hours before your test – do not eat or drink anything.

What happens during the test?

We give you some Vitamin B12 then check your urine to see how well it is absorbed.

Here is a description of what happens when you come in:

- We give you a capsule containing a small amount of radioactive Vitamin B12. You swallow this with water.
- We also give you a shot of non-radioactive Vitamin B12 into the muscle in your upper arm.
- We give you a large container to take home. You are to use this container to collect all your urine for the next 24 hours. This means we need you to go to the toilet (urinate or 'go pee') in the container. If you miss collecting or spill any urine, make a note of it but continue with the test.



How you want to be treated.

The next day, bring the urine container back to our department. Remember to let us know if you have missed or spilled any urine.

We test your urine to see how much of the Vitamin B12 your body absorbed and how much came out in your urine.

After we have given you the Vitamin B12, you can go back to your regular diet.

How long will the test take?

The test takes about 15-20 minutes the first day. On the second day, you are just here long enough to deliver your container.

What can I expect after my test?

There are no side effects to this test. The amount of radiation contained in the Vitamin B12 capsule is less than a chest x-ray.

We send your test results to your doctor within 5 working days after the test is completed. If your doctor does not have your results within two weeks, please ask your doctor to contact us.