



# *Estimating Patient Dose SPECT/PET (& all of NM)*

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Thanks to S. James Adelstein, S. Ted Treves,  
Keith Strauss, Matthew Palmer, Marilyn Goske,  
James Brink





## *Disclosures*

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- Sadly, none that pay me any money! ☹
- SNM Dose Estimation Task Force
- Image Gently
- Image Wisely
- MITA Dose Reduction Task Force Advisory Board



## *Learning Objectives*

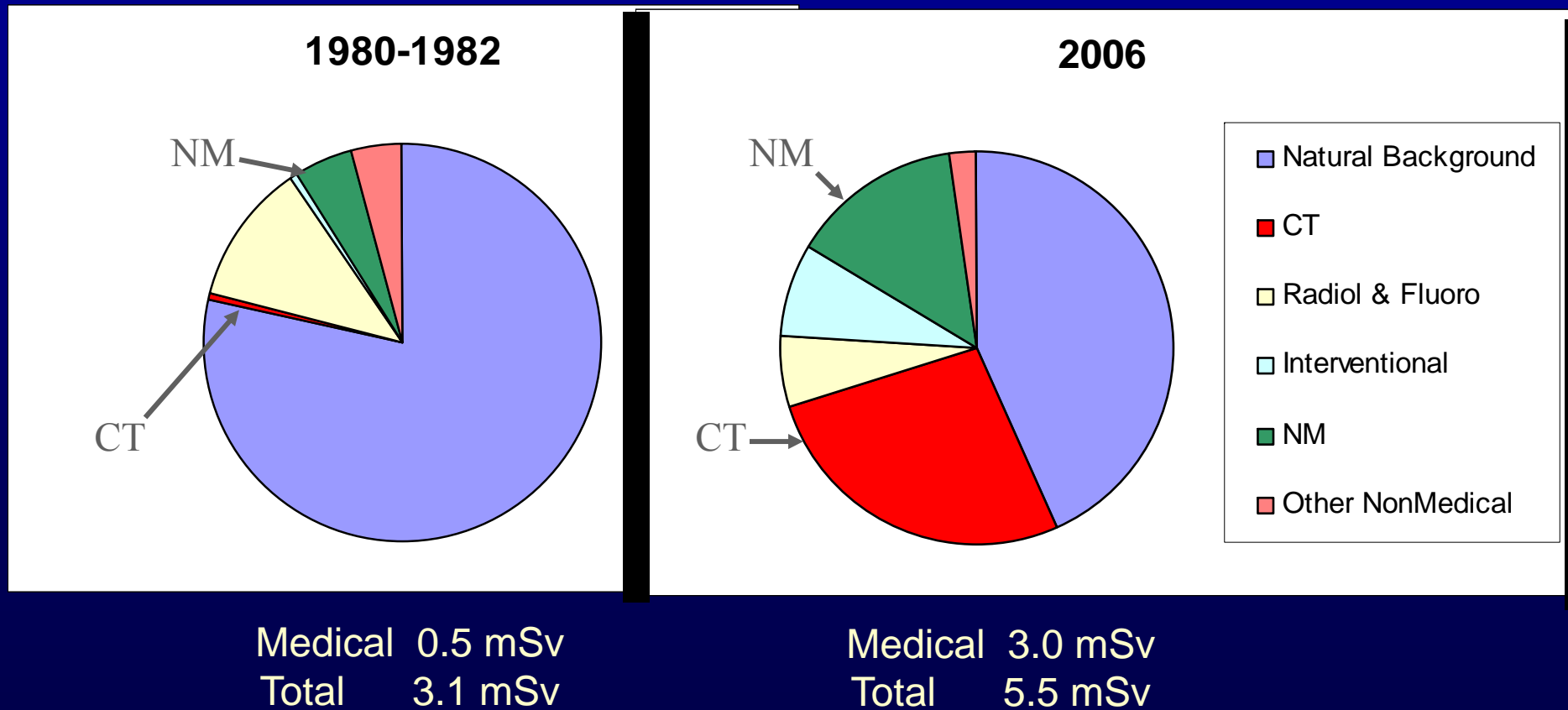
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After attending this lecture, participants will be able to:

- List 3 items that affect radiation dose from the administration of radiopharmaceuticals
- Describe 3 ways that body habitus can affect radiation dose from the administration of radiopharmaceuticals
- Define 3 approaches that may lead allow for a reduction in administered activity in nuclear medicine



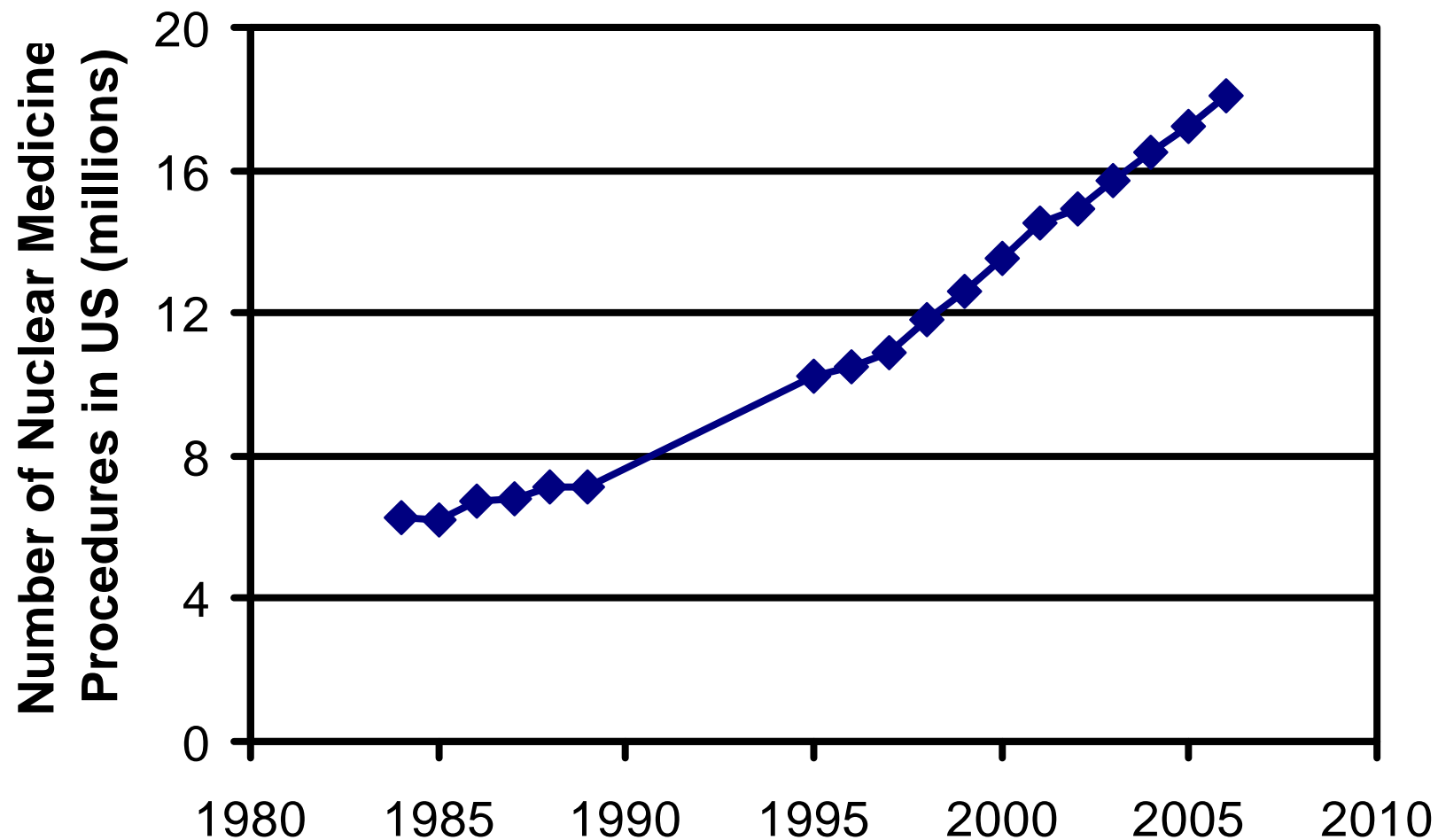
# Estimated Annual Per Capita Adult Effective Dose in US



from NCRP 160



## Nuclear Medicine Procedures in the US





*R. Fazel et al., Exposure to Low-Dose Ionizing Radiation from Medical Imaging Procedures. NEJM 2009; 361:841*

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- Studied insurance records of over 900,000 patients (18-65 YO) over 3 years
- 69% had at least 1 radiologic exam
- Annual effective dose
  - Mean  $2.4 \pm 6.0$  mSv
  - Median 0.1 mSv (inter-quartile range 0.1-1.7 mSv)
  - 78.6% < 3 mSv; 19.4% 3-20 mSv
  - 1.9% 30-50 mSv; 0.2% >50 mSv



## *R. Fazel et al., NEJM 2009; 361:841*

Procedure	Ave ED (mSv)	Ann'l ED per cap	% Total ED
1. Myo Perf Img	15.6	0.540	22.1
2. CT Abdomin	8	0.446	18.3
3. CT Pelvis	6	0.297	12.2
4. CT Chest	7	0.184	7.5
5. Dx Card Cath	7	0.113	4.6
6. Rad Lumbar	1.5	0.080	3.3
7. Mammo	0.4	0.076	3.1
8. CT Ang Chest	15	0.075	3.1
12. Bone Scan	6.3	0.035	1.4
17. Thyroid Uptk	1.9	0.016	0.7



*Lifetime Attributable Risk 10 mGy in  
100,000 exposed persons (BEIR VII Phase 2, 2006)*

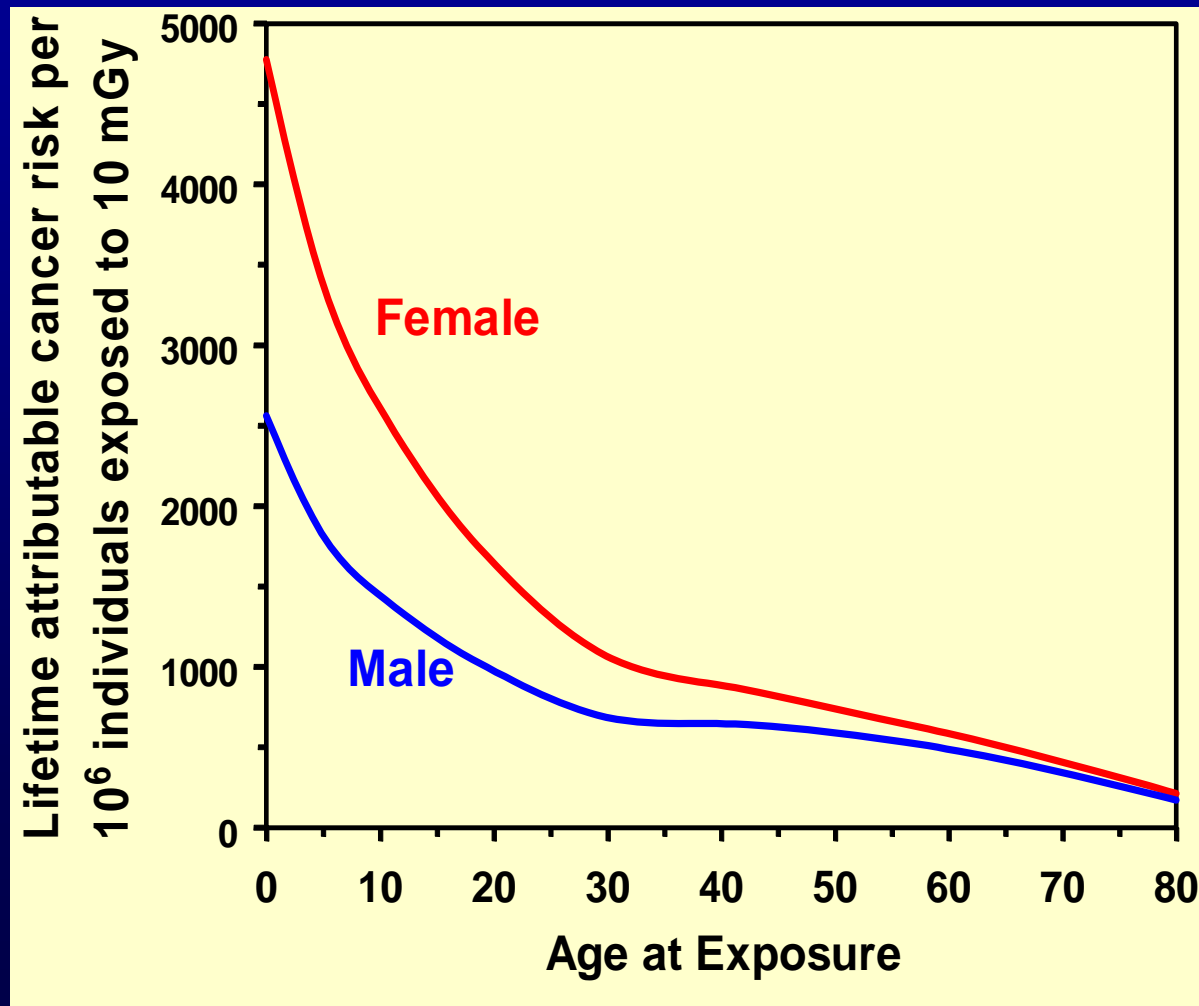
	All Solid Tumors		Leukemia	
	Male	Female	Male	Female
Excess Cases	80	130	10	7
Excess Deaths	41	61	7	5

Note: About 45% will contract cancer and 22% will die.





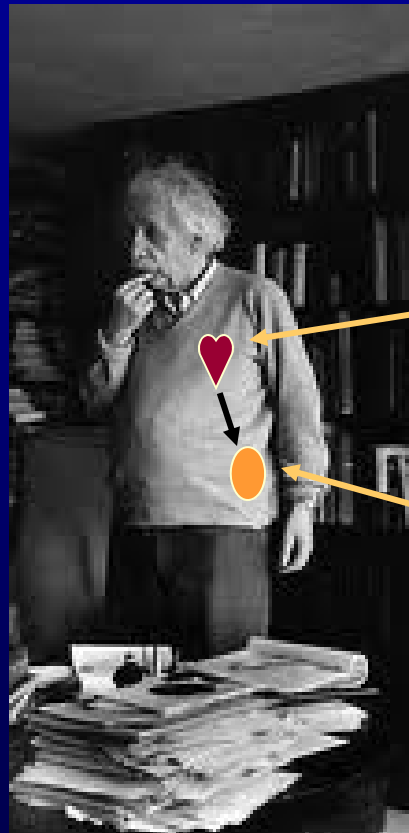
## Lifetime Attributable Risk 10 mGy in 1,000,000 exposed persons (BEIR VII Phase 2, 2006)





# *MIRD Equation*

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Source Organ

Target Organ

Medical Internal Radiation Dosimetry Committee of the SNM



## *MIRD Equation*

*MIRD Pamphlet 21. J Nucl Med 2009;50:477*

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$$D(r_T) = \sum_S \tilde{A}(r_S) S(r_T \leftarrow r_S)$$

- $D(r_T)$  is radiation dose to the target organ
- $\tilde{A}(r_S)$  is time integrated activity for the source organ
- “S” value is a radionuclide specific quantity which is the mean dose to the target organ per integrated activity in the source organ
- $\sum_S$  indicates that this is summed over all source organs



## *Time Integrated Activity ( $\tilde{A}$ )*

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- Units of activity-time (e.g. Bq-hr) & is total # of decays
- Depends on
  - Administered activity ( $A_o$  in Bq)
  - Fraction of activity that goes to source organ (F)
  - How long the activity stays there ( $T_{\text{eff}}$ )

$$\tilde{A}(r_s) = A_o F T_{\text{eff}}$$

F depend on the particular radionuclide administered, and the specific uptake of the patient.



## *Effective Half-Life*

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- Combination of biological clearance and physical radioactive half-life ( $T_P$ )
- Biological clearance is often model as exponential ( $T_B$ ) although there are exceptions (hopefully bladder)

$$T_{eff} = \frac{T_B * TP}{T_B + TP}$$

- Shorter of  $T_B$  and  $TP$  dominates



## *Time Integrated Activity ( $\tilde{A}$ )*

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- $\tilde{A}$  is a physiologic parameter as it depends on both the uptake and the clearance of the radiopharmaceutical
- Ratio of  $\tilde{A}$  and administered activity  $A_0$  is sometimes referred to as “residence time” ( $T_R = \tilde{A} / A_0$ ) but this is a misnomer as it also depends on fractional uptake.
- Typically estimated using biokinetic data from either animals or humans
- Although these estimates may be reasonable in most cases, they may not apply to a specific patient!



## *S Factor*

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$$S(r_T \leftarrow r_S) = \sum_i \Delta_i \phi_i / M_T$$

- $\Delta_i$  is the mean energy per nuclear transformation for the  $i$ th radiation emitted by the radiopharmaceutical
- $\phi_i$  is the fraction of energy emitted by the source organ that is absorbed by the target organ of the  $i$ th radiation which depends on the radiation and the size and anatomy of the patient
- $M_T$  is the mass of the target organ
- $\sum_i$  Indicates that this is summed over all radiations



## *S Factor*

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- Physical parameter relying on the radionuclides decay scheme and orientation, size and spacing of organs within the patient
- Models for different types of patients (standard man, women (pregnant or not), and children
- $\phi_i$  is often considered to be 1.0 for non-penetrating radiation (e.g. beta particles including positrons) and less than unity for gamma and x-rays. Also,  $\phi_i/M_T$  is referred to as the specific absorbed fraction (SAF).



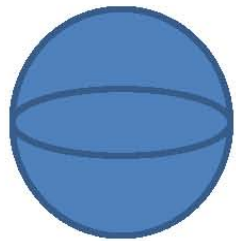


Rensselaer

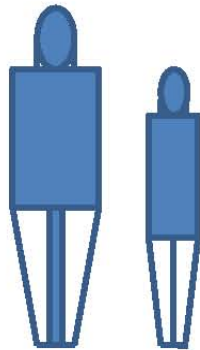
why not change the world?<sup>SM</sup>

# Evolution of Computational Phantoms

- Simple to complex
  - Homogeneous to heterogeneous
  - Rigid to deformable
  - Stationary to moving
  - “Reference Man” to “reference library” or “person-specific” (?)
- 



ICRU sphere  
1960s



MIRD anthropomorphic  
models in 1980s

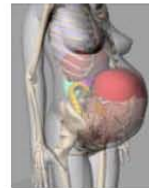
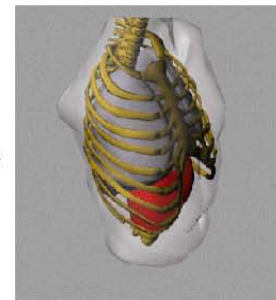


Image-based rigid,  
3D model in 1990-2000s



Currently  
Deformable and  
moving 4D models  
2008-2010

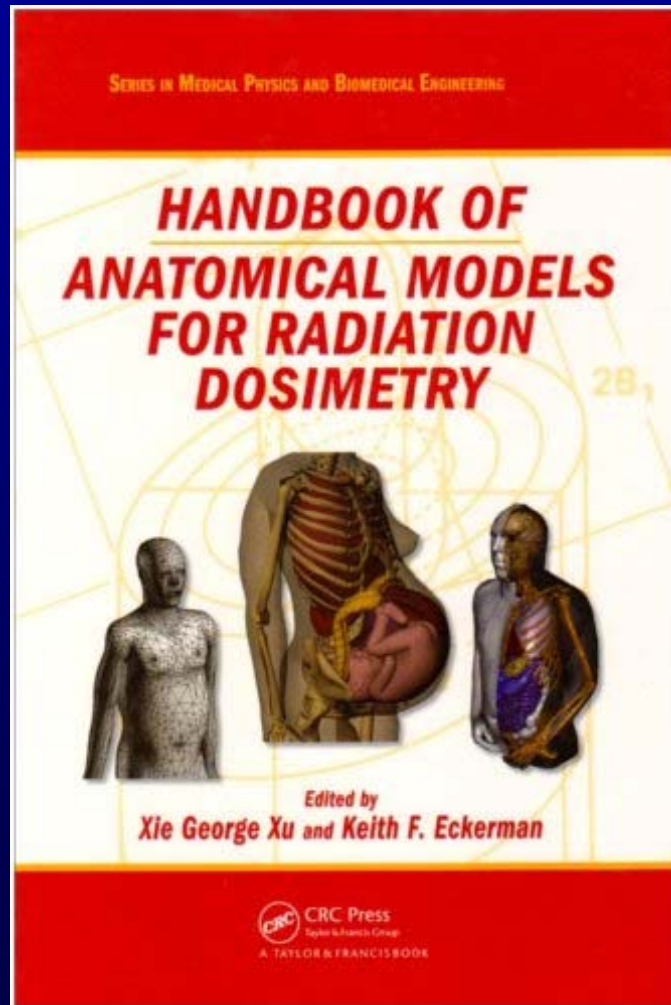


Future?

Courtesy of George Xu, RPI



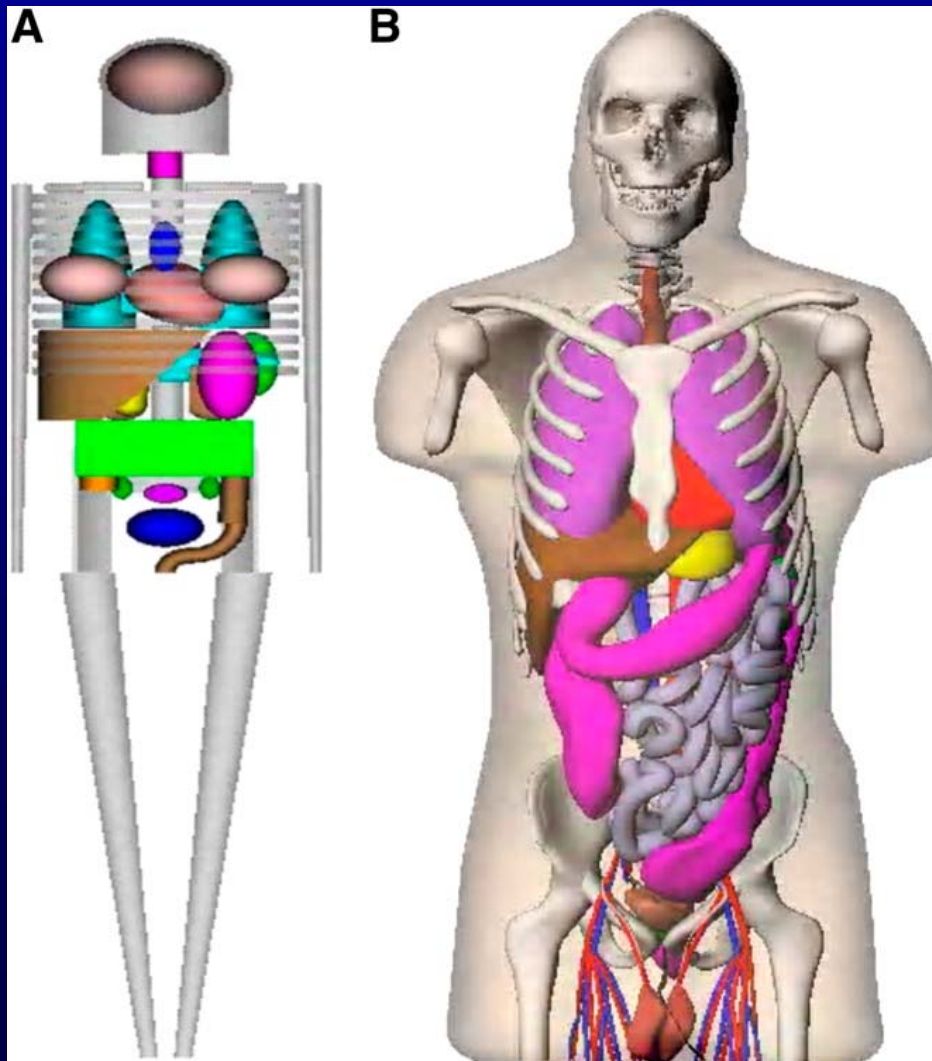
# Anatomical Models for Radiation Dosimetry



- Xu G, Eckerman KF, eds. Handbook of Anatomical Models for Radiation Dosimetry. CRC Press, 2009.
- Whalen S, Lee C, Williams J, Bolch WE. Phys Med Biol. 2008;53:453.
- Nosske D, Blanchardon E, Bolch WE, et al. Radiat Prot Dosimetry. 2011;144:314.
- RADAR Realistic Phantom Series. <http://www.doseinfo-radar.com>



## *Traditional vs Realistic Phantom*

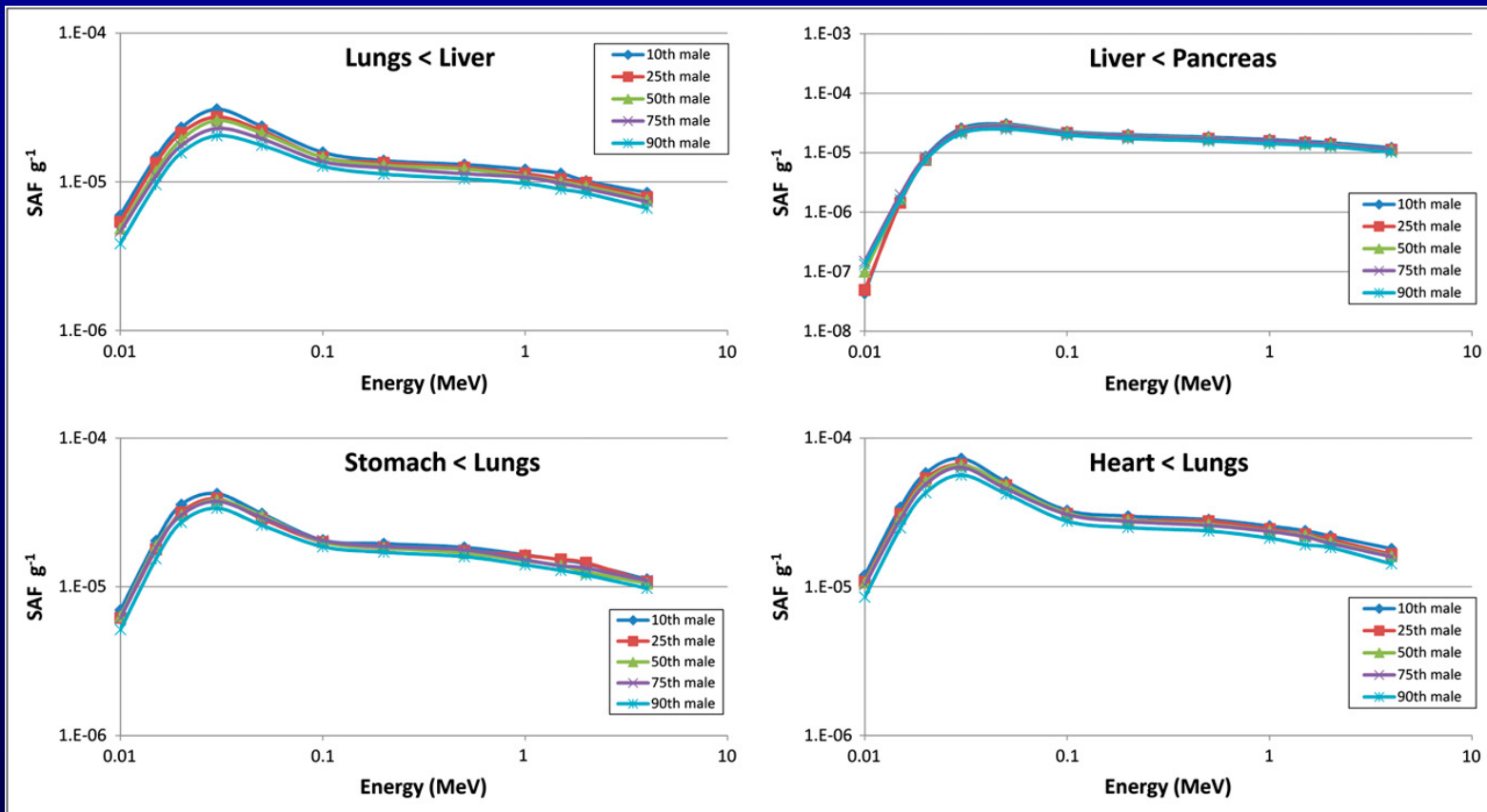


- Use of non-uniform rational B-splines or “NURBS”
- Easier to compute and more scalable than voxel based approaches

Marine et al. J Nucl Med  
2010;51:806-811



## *Effect of Differences in Adult Patient Size*

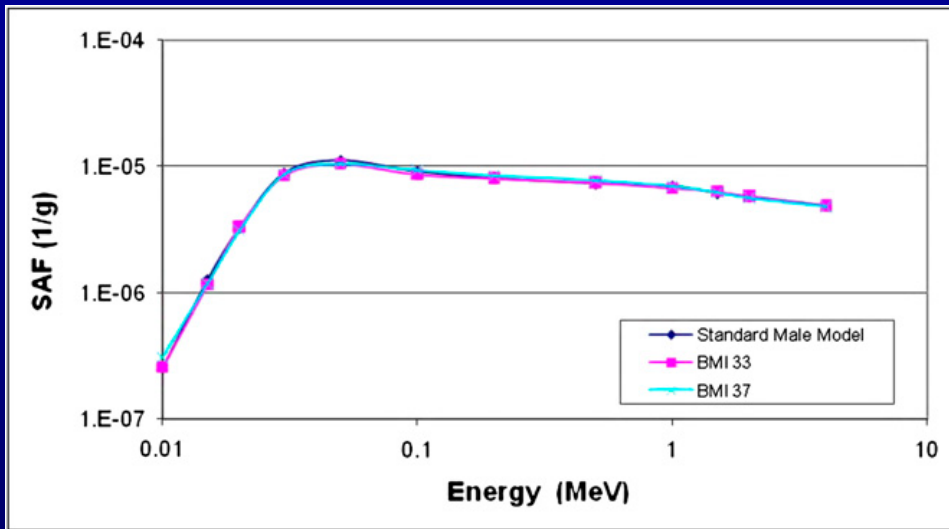


Variations in SAFs in Adult Males (15-30%)

Marine et al. J Nucl Med 2010;51:806-811



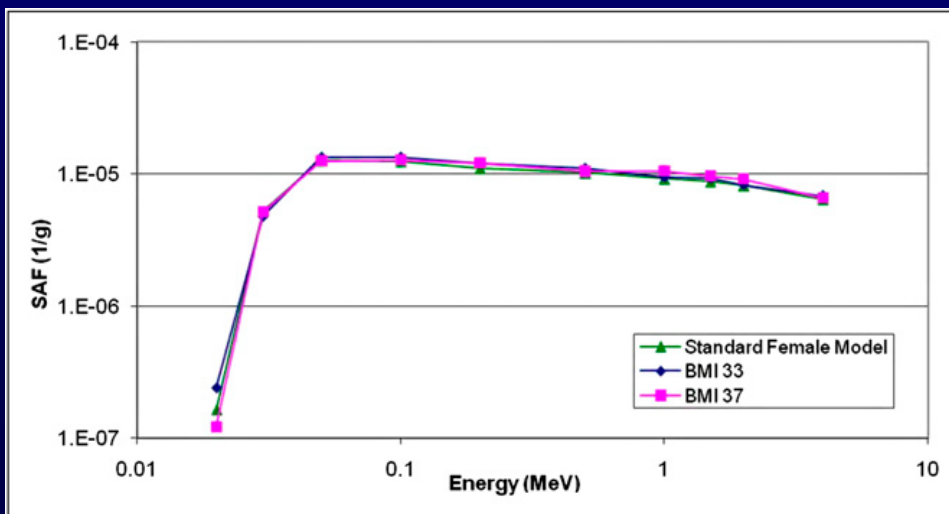
## *Effect of Differences in Adult Patient Size*



Obese vs Standard  
Varying BMIs

Top- Spleen → Lungs  
Bottom – Heart → Pancreas

Not appreciably different than  
standard man since organs  
basically in the same place.



Clark et al. J Nucl Med 51:929-32.





## *Uncertainties*

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### Uncertainties in Internal Dose Calculations for Radiopharmaceuticals

Michael G. Stabin

The combined uncertainties in most radiopharmaceutical dose estimates will be typically at least a factor of 2 and may be considerably greater.

J Nucl Med. 2008;49:853-860

Most of uncertainty in physiologic factors.



## *Effective Dose*

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Effective Dose is equivalent to the absorbed dose given to the whole body of the patient that would result in the same biological effect as the actual clinical dose given to a fraction of the patient's whole body.

It is calculated by taking a weighted sum of the absorbed doses delivered to individual organs where each organ is weighted by its radiation sensitivity.

The unit is sievert (Sv) or millisievert (mSv)  
(1 rem = 10 mSv and 1 Sv = 100 rem)



## *Effective Dose (ED)*

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$$ED = \sum H_T \times W_T$$

Where  $H_T$  is radiation dose to organ, T, and  $W_T$  is the radiosensitivity weight assigned to that organ.

Note: that the  $W_T$  values are averaged over age and sex and may not reflect the risks for a particular patient including children.





# Effective Dose

**TABLE 1: Tissue-Weighting Factors for International Commission on Radiological Protection (ICRP) Publications 26, 60, and 103**

Tissue or Organ	Publication		
	ICRP 26	ICRP 60	ICRP 103
Gonads	0.25	0.20	0.08
Red bone marrow	0.12	0.12	0.12
Lung	0.12	0.12	0.12
Colon		0.12	0.12
Stomach		0.12	0.12
Breast	0.15	0.05	0.12
Bladder		0.05	0.04
Liver		0.05	0.04
Esophagus		0.05	0.04
Thyroid	0.03	0.05	0.04
Skin		0.01	0.01
Bone surface	0.03	0.01	0.01
Brain			0.01
Salivary glands			0.01
Remainder	0.30	0.05	0.12
Total	1.00	1.00	1.00



## *Factors Affecting Dose in NM and SPECT*

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- Injected activity
  - Total counts and imaging time
- Choice of camera
  - Detector thickness and material
  - Number of detectors
- Choice of collimator
  - Hi Sens, Gen Purpose, Hi Res, Pinhole
- Image processing and reconstruction



## *Patient Effective Dose (mSv)*

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Summary	1 Year	5 Year	10 Year	15 Year	Adult
Mass (kg)	9.7	19.8	33.2	56.8	70
Tc-MDP (20 mCi*)	2.8	2.9	3.9	4.2	4.2
Tc-ECD (20 mCi*)	4.1	4.6	5.3	5.9	5.7
Tc-MAG3 (10 mCi*)	1.2	1.3	2.2	2.8	2.7

\*max admin activ

ICRP 80 and 106



## *Patient Effective Dose (mSv)*

Summary	1 Year	5 Year	10 Year	15 Year	Adult
Mass (kg)	9.7	19.8	33.2	56.8	70
Tc-MIBI Rest (10 mCi*) <sup>#</sup>	2.7	2.9	3.2	3.6	3.3
Tc-MIBI (30 mCi*) <sup>#</sup>	6.9	7.2	8.4	9.0	8.8
Tc-Tetrafosmin Rest (10 mCi*) <sup>#</sup>	2.2	2.3	2.3	2.9	2.8
Tc-Tetrafosmin Rest (30 mCi*) <sup>#</sup>	5.3	5.6	6.3	7.3	7.7
Tl-201 (3 mCi*) <sup>@</sup>	20.0	24.8	29.5	18	15.5

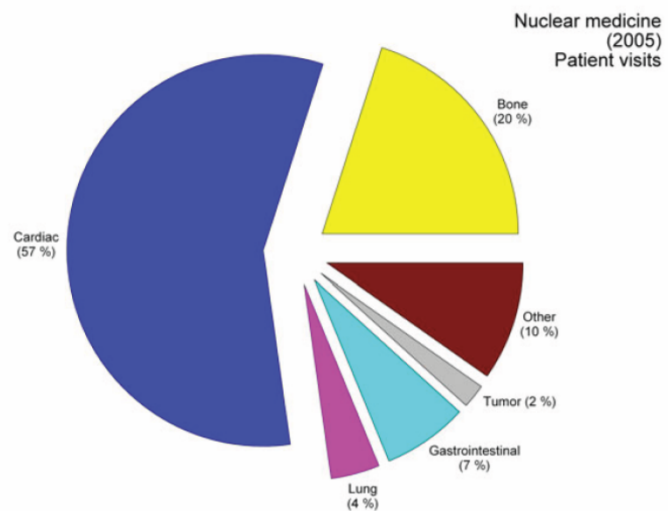
\*max admin activity

<sup>#</sup>ICRP 80, <sup>@</sup>ICRP 106

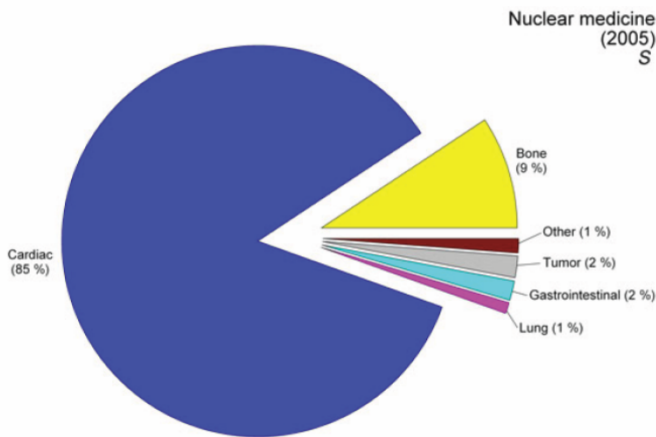


## Nuclear Cardiology

57% of  
Patient Visits



85% of  
Collective  
Dose





## *Cardiovascular Nuclear Imaging: Balancing Proven Clinical Value and Potential Radiation Risk*

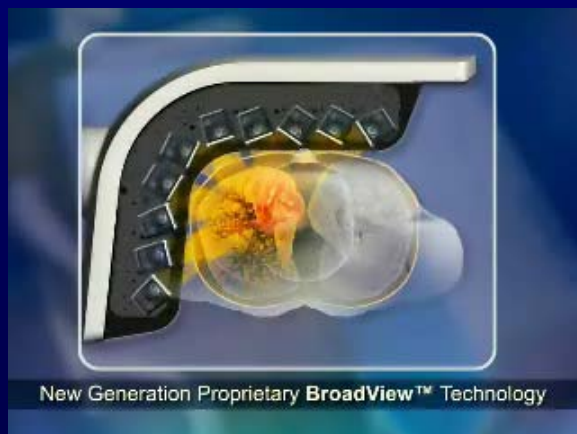
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### *SNM Cardiovascular Council Board of Directors*

“In summary, radionuclide MPI can provide scientifically validated, accurate, and in certain cases unique information for management of patients with known or suspected coronary artery disease at risk for major cardiovascular events. The radiation exposure risk associated with radionuclide MPI, albeit small and long term as opposed to the higher and more immediate risk for major cardiovascular events, mandates careful adherence to appropriateness criteria and guidelines developed or endorsed by [SNM, ASNC, ACC and AHA]. **With recent developments in technology, there are many opportunities to further reduce radiation exposure and further enhance the benefit-to-risk ratio of this well-established, safe imaging modality.”**



## Cardiac SPECT



DSPECT (10 CZT detectors)



GE Discovery 530c  
(Shown with CT)

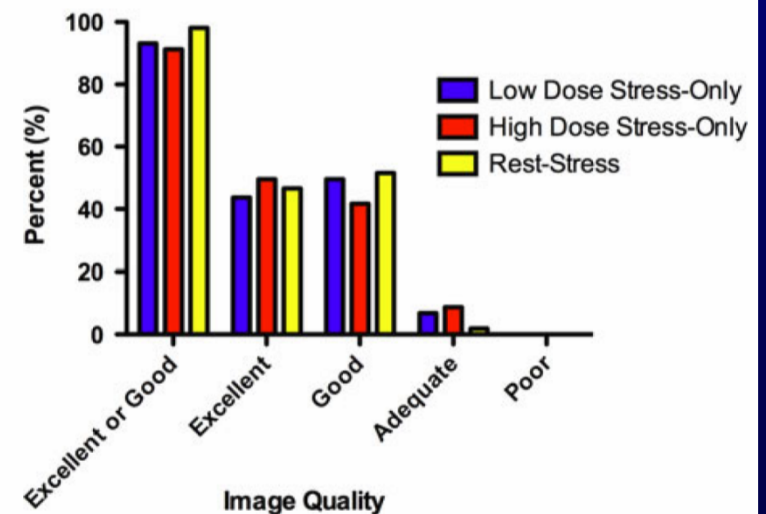
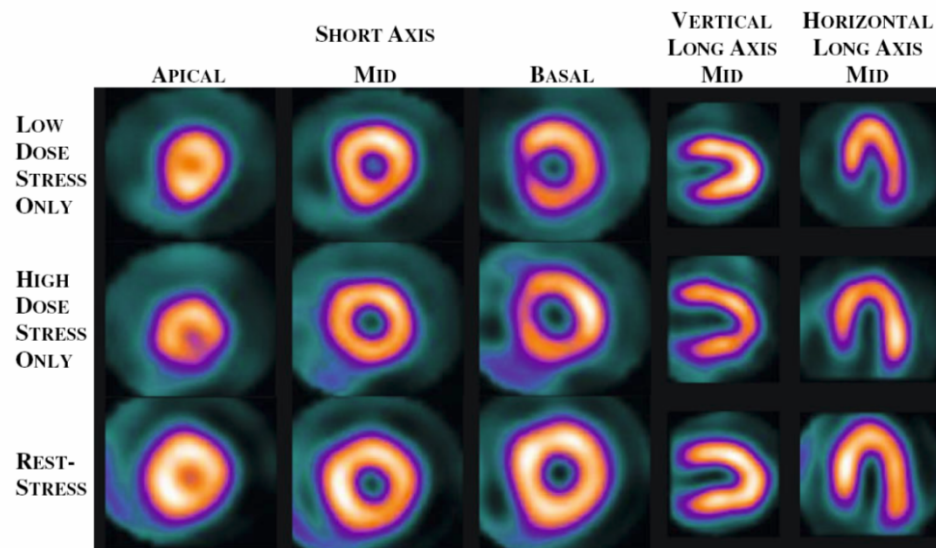
- 19 stationary CZT detectors, 32x32 (5mm) array
- Multiple pinhole (5mm) apertures

Potential for dose reduction as  
well as greater throughput.



## *Duvall et al. J Nucl Cardiol 2010;17:1009-1014.*

- GE Discovery NM 530c Camera
- Low-dose (12.5 mCi ) stress only, high-dose (25-36 mCi) stress only, standard rest-stress (8-13 mCi for rest) => 4.2, 8.0 & 11.8 mSv ED, respectively
- Subjective grading of image quality on a 4-point scale by 2 readers







*DePuey et al. J Nucl Cardiol 2011;18:273-280.*

- Acquired with conventional dual-head gamma camera
- Wide beam reconstruction (WBR): utilizes system information in reconstruction, suppresses noise, enhances signal-to-noise
  - Group A: Full-time with OSEM: 9-12 mCi rest, 32-40 mCi stress
  - Group B: Half-dose with WBR: 5.7 and 17.6 mCi for rest, stress

**Table 2.** Image quality of “full-time” OSEM and “half-dose” myocardial perfusion SPECT processed with Wide Beam Reconstruction

	Full-time Group A	Half-dose WBR Group B
Rest	3.6 ± 0.7	4.3 ± 0.8*
Stress	3.8 ± 0.7	4.6 ± 0.6*
Post-stress gated	3.9 ± 1.0	4.7 ± 0.6*

For grading image quality 1 = poor, 2 = fair, 3 = average, 4 = good, 5 = excellent.

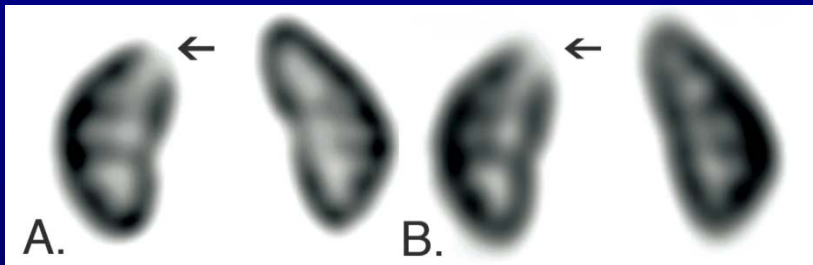
\*  $P < .001$  vs full-time OSEM.

- Subjective image quality of 5-pt scale by 2 observers

Half dose WBR: 5-6 mCi  
compared to  
Full-time OSEM ~11 mCi



## *Use of OSEM-3D Reconstruction in SPECT*



FBP Full Cts

OSEM Half Cts

Sheehy et al. Radiol 2009;  
251:511-516



FBP Full Cts

OSEM Full Cts

OSEM Half Cts

Stansfield et al. Radiol 2010;  
257:793-801



## *Factors Affecting Dose in PET*

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- Injected activity
  - Total counts and imaging time
- Choice of scanner
  - Crystal material and thickness
  - 2D vs 3D
  - Axial field of view
- Image processing



## *Patient Dose from FDG (mSv)*

Summary	1 Year	5 Year	10 Year	15 Year	Adult
Mass (kg)	9.7	19.8	33.2	56.8	70
<i>Act (mCi)</i>	<i>1.46</i>	<i>2.97</i>	<i>4.98</i>	<i>8.52</i>	<i>10.5</i>
Bladder*	25.6	35.9	44.4	48.8	50.5
Eff Dose*	5.2	5.9	6.6	7.3	7.4



## *Factors Affecting Radiation Dose in Multi-Detector CT*

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- Tube current or time ( $\propto$  mAs)
- Reduce tube voltage ( $\propto$  kVp<sup>2</sup>)
- Beam collimation
- Pitch (table speed) ( $\propto$  1/pitch)
- Patient size
- Region of patient imaged



## CIRS Tissue Equivalent Phantoms



- Dosimetric CT phantoms
  - Simulated spine
  - Five 1.3 cm holes
  - Five different sizes

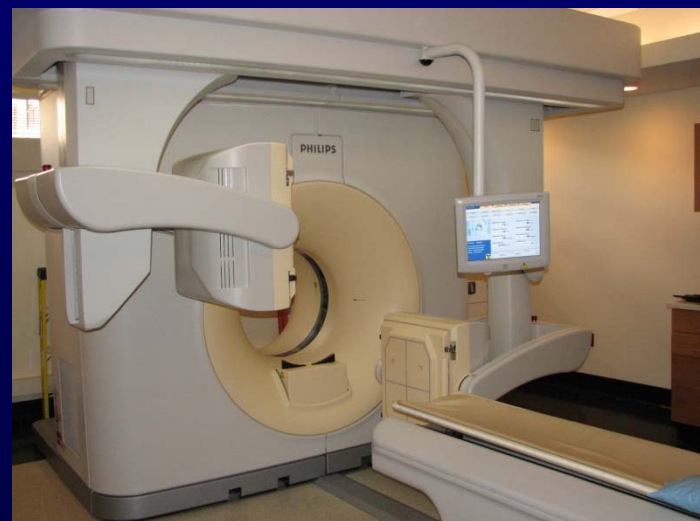
Phantom	AP x Lat (cm)	Circum (cm)
Newborn	9 x 10.5	32
1 Year Old	11.5 x 14	42
5 Year Old	14 x 18	53
10 Year Old	16 x 20.5	61
Med Adult	25 x 32.5	96

Fahey et al. *Radiology* 2007;243:96-104



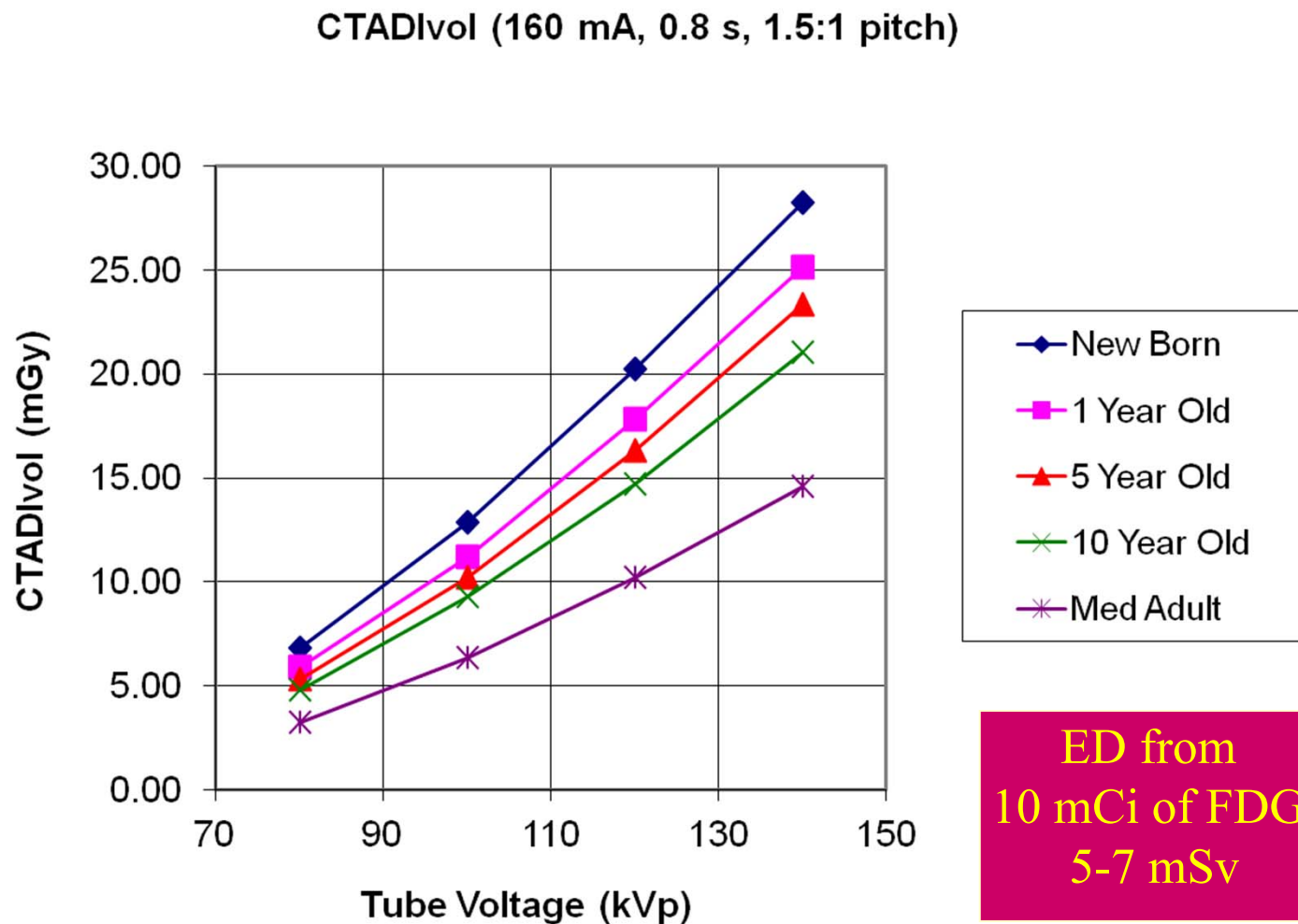
## *Dosimetry of PET-CT and SPECT-CT*

- PET/CT
  - GE Discovery LS
- SPECT/CT
  - Philips Precedent





## *Dose from CT of PET-CT GE Discovery LS (4-slice)*







# AAPM 2012 Summer School on Medical Imaging using Ionizing Radiation

ImPACT CT Dose Calculator  
 120 kVp, 100 mAs, Pitch 1:1  
 “eyes to thighs” (95 cm)  
 CTDI<sub>vol</sub> = 11.1 mGy  
 DLP = 1053 mGy-cm  
 Effective Dose = 16 mSv

## ImPACT CT Patient Dosimetry Calculator

Version 1.0 28/08/2009

Scanner Model:  
 Manufacturer: GE  
 Scanner: GE LightSpeed VCT  
 kV: 120  
 Scan Region: Body  
 Data Set: MCSET20 Update Data Set  
 Current Data: MCSET20  
 Scan range  
 Start Position: -10 cm Get From Phantom Diagram  
 End Position: 85 cm

Organ weighting scheme ICRP 103

Acquisition Parameters:  
 Tube current: 100 mA  
 Rotation time: 1 s  
 Spiral pitch: 1  
 mAs / Rotation: 100 mAs  
 Effective mAs: 100 mAs  
 Collimation: mm  
 Rel. CTDI: Look up 1.00 (assumed)  
 CTDI (air): Look up 35.0 mGy/100mAs  
 CTDI (soft tissue): 37.4 mGy/100mAs  
 nCTDI<sub>w</sub>: Look up 11.1 mGy/100mAs

CTDI<sub>w</sub>: 11.1 mGy  
 CTDI<sub>vol</sub>: 11.1 mGy  
 DLP: 1053 mGy-cm

Organ	w <sub>T</sub>	H <sub>T</sub> (mGy)	w <sub>T</sub> · H <sub>T</sub>
Gonads	0.08	17	1.4
Bone Marrow	0.12	12	1.4
Colon	0.12	15	1.8
Lung	0.12	18	2.2
Stomach	0.12	17	2
Bladder	0.04	18	0.72
Breast	0.12	14	1.6
Liver	0.04	16	0.64
Oesophagus (Thymus)	0.04	21	0.82
Thyroid	0.04	27	1.1
Skin	0.01	11	0.11
Bone Surface	0.01	25	0.25
Brain	0.01	5.7	0.057
Salivary Glands (Brain)	0.01	5.7	0.057
Remainder	0.12	16	1.9
Not Applicable	0	0	0
Total Effective Dose (mSv)			16

Remainder Organs	
Adrenals	
Small Intestine	
Kidney	
Pancreas	
Spleen	
Thymus	
Uterus / Prostate (Bladder)	
Muscle	
Gall Bladder	
Heart	
ET region (Thyroid)	
Lymph nodes (Muscle)	
Oral mucosa (Brain)	
Other organs of interest	
Eye lenses	
Testes	
Ovaries	
Uterus	
Prostate	

Scan Description /  
 Comments

© Nicholas Keat for ImPACT, 2000-2009

Imaging Performance Assessment of CT Scanners, an MHRA Evaluation centre

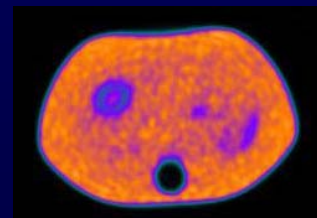
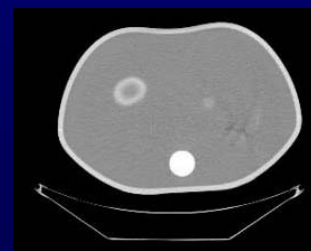
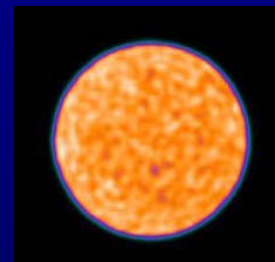
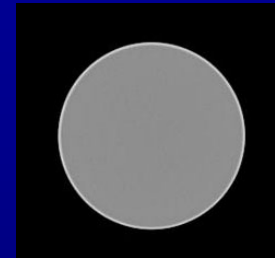
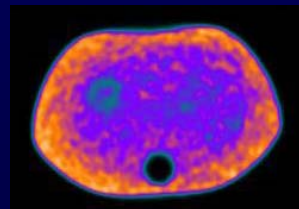
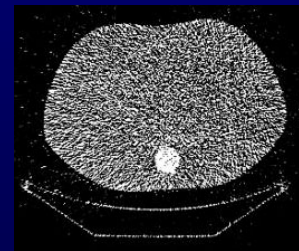
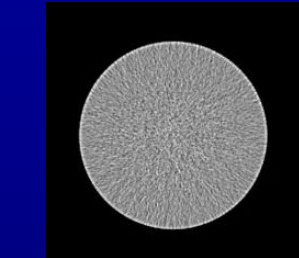
<http://www.impactscan.org>

Organ	w <sub>T</sub>	H <sub>T</sub> (mGy)	w <sub>T</sub> · H <sub>T</sub>
Gonads	0.08	17	1.4
Bone Marrow	0.12	12	1.4
Colon	0.12	15	1.8
Lung	0.12	18	2.2
Stomach	0.12	17	2
Bladder	0.04	18	0.72
Breast	0.12	14	1.6
Liver	0.04	16	0.64
Oesophagus (Thymus)	0.04	21	0.82
Thyroid	0.04	27	1.1
Skin	0.01	11	0.11
Bone Surface	0.01	25	0.25
Brain	0.01	5.7	0.057
Salivary Glands (Brain)	0.01	5.7	0.057
Remainder	0.12	16	1.9
Not Applicable	0	0	0
Total Effective Dose (mSv)			16



## *Quality of CT-based Attenuation Correction*

80 kVp  
10 mA  
0.5 s/rot  
1.5:1



140 kVp  
160 mA  
0.8 s/rot  
1.5:1



## *Initial Experience with weight-based, low-dose pediatric PET/CT protocols*

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Alessio et al. J Nucl Med 2009;50:1570-1578

- 0.144 mCi/kg FDG (1 & 10 mCi min & max)
- 120 kVp
- Weight-based (Broselow-Luten color scale) 10-40 mAs
- 45 patients (9.2-109 kg, 1.4-23 YO)
- Dosimetry extrapolated from standard phantoms
- WB PET/CT effective dose from 5.4 to 10.0 mSv for 9 and 70 kg patient, respectively



## *Axial Extent of CT*

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- “Whole Body” PET typically acquired “Eyes to Thighs”
- Potential for SPECT acquisitions to all be extended, particularly with more efficient reconstruction
- Thus CT component can be combination of head & neck, thoracic, abdominal and pelvic CT
- Is “One size fits all” appropriate?
- Alternative paradigm suggested by George Segall of Stanford and Palo Alto VA Medical Center
- Standardization of technique



## Adult Effective Doses (mSv)

Procedure	Ave ED (mSv)
Radiograph of Extremity	0.001
Posterior/Anterior and Lateral Chest Radiograph	0.1
Mammography	0.4
Abdominal Radiograph	0.7
Head CT	2.0
<i><sup>99m</sup>Tc MAG3 Renal Scan</i>	<i>2.7</i>
Intravenous Urography	3.0
<i><sup>99m</sup>Tc MDP Bone Scan</i>	<i>4.2</i>
<i><sup>99m</sup>Tc ECD Brain Scan</i>	<i>5.7</i>
Pelvic CT	6.0
Chest CT	7.0
<i><sup>18</sup>F FDG PET Scan</i>	<i>7.4</i>
Abdominal CT	8.0
<i><sup>99m</sup>Tc MIBI for Stress/Rest Cardiac Scan</i>	<i>11.8</i>
Coronary Angiographic CT	16.0



## *Pediatric Administered Dose Survey*

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- Surveyed 15 dedicated pediatric hospitals in North America (13 responded)
- Requested information on 16 studies commonly performed in pediatric NM
  - Administered dose/kg, Max admin dose, Min admin dose
- Consider the maximum/minimum as the range factor
- For Admin dose/kg and Max dose the range factor varied, on average, by factor of 3 (max 10)
- Min dose range factor varied, on average, by factor of 10 (max 20)

Treves ST, Davis RT, Fahey FH. *J Nucl Med*, 2008;49:1024-1027.



## Image Gently



**Go with the Guidelines!**

Follow the new North American Consensus Guidelines for Pediatric Nuclear Medicine for high quality images with low radiation dose. These standardized doses have been tested at children's hospitals and will work at your hospital.

One size does not fit all...

There is no question – pediatric nuclear medicine helps us keep kids healthy and saves lives! When we image, radiation dose matters! Children are more sensitive to radiation. What we do now lasts their lifetime. So, when we image, let's image gently.

When a pediatric nuclear medicine study is the right thing to do:

- Follow the North American Consensus Guidelines for Pediatric Radiopharmaceutical Administered Doses.
- Determine the appropriate radiopharmaceutical dose by body weight.

**SNM**  
Advancing Molecular Imaging and Therapy

For more information about pediatric radiation safety, visit [www.imagegently.org](http://www.imagegently.org).

image gently™

Gelfand MJ, Parisi MT, Treves ST  
*Pediatric radiopharmaceutical administered doses: 2010 North American consensus guidelines.*  
J Nucl Med. 2011;52:318-22.





## Image Gently



North American Consensus Guidelines for Administered Radiopharmaceutical Activities in Children and Adolescents\*

Radiopharmaceutical	Recommended administered activity (based on weight only)	Minimum administered activity	Maximum administered activity	Comments
<sup>18</sup> F-MBG	5.2 MBq/kg (0.14 mCi/kg)	37 MBq (1.0 mCi)	370 MBq (10.0 mCi)	EANM Pediatric Dose Card (2007 version) (13) may also be used in patients weighing more than 10 kg.
<sup>111</sup> In-MDP	9.3 MBq/kg (0.25 mCi/kg)	37 MBq (1.0 mCi)		EANM Pediatric Dose Card (2007 version) (13) may also be used.
<sup>18</sup> F-FDG	Body: 3.7–5.2 MBq/kg (0.10–0.14 mCi/kg) Brain: 3.7 MBq/kg (0.10 mCi/kg)	37 MBq (1.0 mCi)		Low end of dose range should be considered for smaller patients. Administered activity may take into account patient mass and time available on PET scanner. EANM Pediatric Dose Card (2007 version) (13) may also be used.
<sup>99m</sup> Tc-DMSA	1.85 MBq/kg (0.05 mCi/kg)	18.5 MBq (0.5 mCi)		
<sup>99m</sup> Tc-MAG3	Without flow study: 3.7 MBq/kg (0.10 mCi/kg) With flow study: 5.55 MBq/kg (0.15 mCi/kg)	37 MBq (1.0 mCi)	148 MBq (4 mCi)	Administered activity at full assume that image data are reformatted at 1 min/image. Administered activity may be reduced if image data are reformatted at longer time per image. EANM Pediatric Dose Card (2007 version) (13) may also be used.
<sup>99m</sup> Tc-iminodiacetic acid derivatives (mebrofenin, disofenin)	1.85 MBq/kg (0.05 mCi/kg)	18.5 MBq (0.5 mCi)		Higher administered activity of 37 MBq (1 mCi) may be considered for neonatal jaundice. EANM Pediatric Dose Card (2007 version) (13) may also be used.
<sup>99m</sup> Tc-MAA ( <sup>99m</sup> Tc-macroaggregated albumin)	8 <sup>99m</sup> Tc used for ventilation: 2.59 mBq/kg (0.07 mCi/kg) No <sup>99m</sup> Tc ventilation study: 1.11 MBq/kg (0.03 mCi/kg)	14.8 MBq (0.4 mCi)		EANM Pediatric Dose Card (2007 version) (13) may also be used.
<sup>99m</sup> Tc-sodium pertechnetate (Meckel diverticulum imaging)	1.85 MBq/kg (0.05 mCi/kg)	9.25 MBq (0.25 mCi)		EANM Pediatric Dose Card (2007 version) (13) may also be used.
<sup>18</sup> F-sodium fluoride	2.22 MBq/kg (0.06 mCi/kg)	18.5 MBq (0.5 mCi)		
<sup>99m</sup> Tc for cystography (different forms)	No weight-based dose		No more than 37 MBq (1.0 mCi) for each bladder-filling cycle	<sup>99m</sup> Tc-sulfur colloid, <sup>99m</sup> Tc-pertechnetate, <sup>99m</sup> Tc-diethylene triamine pentaacetic acid, or possibly other <sup>99m</sup> Tc radiopharmaceuticals may be used. There is wide variety of acceptable administration techniques for <sup>99m</sup> Tc, many of which will work well with lower administered activities.
<sup>99m</sup> Tc-sulfur colloid for oral liquid gastric emptying	No weight-based dose	9.25 MBq (0.25 mCi)	37 MBq (1.0 mCi)	Administered activity will depend on age of child, volume to be fed to child, and time per frame used for imaging.
For solid gastric emptying	No weight-based dose	9.25 MBq (0.25 mCi)	18.5 MBq (0.5 mCi)	<sup>99m</sup> Tc-sulfur colloid is usually used to label eggs.

\*This information is intended as a guideline only. Local practice may vary depending on patient population, choice of collimator, and specific requirements of clinical protocols. Administered activity may be adjusted when appropriate by order of the nuclear medicine practitioner. For patients who weigh more than 70 kg, it is recommended that maximum administered activity not exceed product of patient's weight (kg) and recommended weight-based administered activity. Some practitioners may choose to set fixed maximum administered activity equal to 70 times recommended weight-based administered activity, for example, approximately 10 mCi (370 MBq) for <sup>18</sup>F body imaging. The administered activities assume use of a low energy high resolution collimator for <sup>99m</sup>Tc radiopharmaceuticals and a medium energy collimator for <sup>18</sup>F-MBG. Individual practitioners may use lower administered activities if their equipment or software permits them to do so. Higher administered activities may be required in certain patients. No recommended dose is given for <sup>67</sup>Ge-citrate. Intravenous <sup>67</sup>Ge-citrate should be used infrequently and only in low doses.



For more information about pediatric radiation safety, visit [www.imagegently.org](http://www.imagegently.org).



Guidelines poster published  
Nov/Dec 2011 in J Nucl Med,  
J Nucl Med Technol, Radiology,  
Pediatric Radiology

Available from Image Gently, SPR  
and SNM





## *Image Wisely Nuclear Medicine Project*

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- Image Wisely initially concentrated on CT
- Now expanding to nuclear medicine
- Kick-off Meeting October 27, 2011
- SNM and ASNC asked to participate in addition to ACR, RSNA, ASRT and AAPM



**IMAGE WISELY™**

Radiation Safety in  
Adult Medical Imaging



# *Image Wisely*

## *Nuclear Medicine Project*

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- IW Leadership
  - Jim Brink (RSNA)
  - Donald Peck (AAPM)
  - Greg Morrison (ASRT)
  - Rick Morin (ACR)
- SNM/SNMETS
  - Fred Fahey
  - Kevin Donohoe
  - Brenda King
- ACR
  - Murray Becker
  - Beth Harkness
- AAPM
  - Larry Williams
- ASNC
  - Gordon DePuey
- RSNA
  - Hossein Jadvar



# *Image Wisely*

## *Nuclear Medicine Project*

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- Develop material for imaging professionals first followed by that for referring physicians and patients
  - General Nuclear Medicine
  - Cardiac Nuclear Medicine
  - PET and PET/CT
- Target Date – Summer 2012



## Questions?

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Safe Travels!