Diagnostic Imaging Services
Introduction

The Wellington Hospital is home to the most up-to-date imaging facilities in the UK.

Run by a highly experienced team of professionals utilising a full range of state-of-the-art, patient friendly diagnostic equipment, the imaging facilities at The Wellington Hospital are among the best in the country. We house the complete range of modern imaging equipment, including four CT scanners, four MRI scanners, the full complement of Diagnostic Nuclear Medicine with specialised hybrid imaging systems (PET/CT & SPECT-CT), a complete set of X-ray machines, DEXA scanner, mammography, ultrasound equipment and image guided interventional radiology facilities.

These services are offered throughout The Wellington Hospital, with outpatient services primarily based at the Wellington Diagnostics and Outpatients Centre (WDOC, Golders Green) and at the newly opened Platinum Medical Centre (PMC). Our ultimate goal is to minimise the time from diagnosis to treatment and provide patients with the best possible outcomes.

The Wellington has over 30 consultant radiologists with specialist niche interests, many of whom hold senior positions in London’s most renowned teaching hospitals, who are supported by expert radiographers, technologists, nurses and an administrative team.

Guiding patients from their first appointment, through subsequent scans, comprehensive results, expert diagnosis and final treatment options, the Imaging Department here at The Wellington Hospital provides the very finest medical care at every stage of your visit.

Essential Booking Information

In order to refer a patient for any scan, a signed request form must be faxed to 020 7483 5082, unless otherwise instructed. The form must contain full patient and referrer details, any important clinical information and clearly highlight the scan required.

Ultrasound

An ultrasound is a frequent diagnostic investigation that uses sound waves to create images of organs and structures inside the body. Examinations include general and specialist scans such as musculoskeletal, breast imaging, vascular investigations and some interventional procedures, which are best performed with ultrasound guidance. Our highly experienced radiologists undertake all ultrasound sessions.

Background

Ultrasound services are available at all sites. At the PMC there are two Philips iU22 ultrasound machines, located in the Imaging Department and on the first floor. These advanced systems increase clinical confidence, reduce exam time, and bring more diagnostic information to clinicians. Some of the features of the iU22 are:

- Reduction of ultrasound exam time by as much as 50% with SmartExam
- The ability to reduce failed ultrasound exams on technically difficult patients by as much as 69% with the C5-1 PureWave transducer

Preparation

There is generally no preparation for an ultrasound scan. However, some patients may need to have a full bladder for their scan. If this is the case instructions will be given at the time of booking.

The Scan

The patient lies on a couch and the radiologist places a probe on the skin over the part of the body to be examined; lubricating jelly is used to make good contact with the body. The echoes are detected by the probe and are sent back and displayed on the monitor. The picture is constantly updated so the scan can show movement as well as structure. The time taken to scan can vary from 15-45 minutes, depending upon the area being scanned.

After the Scan

Patients can generally leave immediately after their exam, and continue drinking and eating as normal. For any procedures with an interventional element (e.g. a biopsy) patients may be asked to wait for a short time to be monitored. The radiologist performing the procedure will generate a report, which will be forwarded on to the referring doctor. All images and reports may be easily accessed on the HCA-wide PACS system.

Information

Location
WDOC, WH South and North, PMC basement and 1st floor

To Book Routine Scans
Fax a signed, fully completed request to 020 7483 5082

To Book Same Day
Please contact the Enquiry Helpline on 020 7483 5148
MRI (Magnetic Resonance Imaging)

MRI is a completely non-invasive examination, which does not involve ionising radiation. Instead it uses a magnetic field and radio waves to create detailed cross-sectional images of the body’s anatomy – no X-rays are involved. Any part of the body can be scanned, which will assist in the diagnosis of a medical condition affecting organs, tissue or bone.

Background

There are four MRI scanners across The Wellington sites, which perform all conventional musculoskeletal, orthopaedic, neurological, vascular, oncology, abdominal and pelvic imaging.

The Wellington South has a Siemens Magnetom Symphony 1.5T MRI scanner, which mainly provides service to inpatients and clinics that are located at that location, such as the Spinal and Knee Units. The new Siemens 1.5T (Aera) & 3T (Skyra) at the PMC are further optimised to provide an even broader range of MR imaging, including:

- Vascular (with high resolution small field of view imaging)
- Oncology – whole body diffusion weighted imaging
- Neurology
  - Functional imaging
  - Perfusion & Diffusion Weighted imaging
  - Spectroscopy
  - Tractography
- Breast
  - Spectroscopy
  - Screening
- Angiography
  - Specialised high resolution angiography
  - Multiphasic angiography (high temporal resolution imaging)
  - Venous studies
  - Non-contrast angiography
- Musculoskeletal (with high resolution small field of view imaging)

- Adult Cardiac MRI (including volumetric analysis, delayed enhancement, Adenosine stress perfusion, assessment of cardiomyopathy, tumours, pericardial and valvular heart disease)

Patient comfort is paramount at The Wellington Hospital. Some highlights of the equipment include:

- A much shorter length and larger 2’2” (70cm) aperture for a more open appearance
- A 39st (250kg) weight limit to ensure that patients of all sizes and conditions can be scanned comfortably, with no compromise to image quality or resolution
- A MoodLight on the front panel of the scanner, which provides changeable, soothing colours for a more relaxed scanning environment
- An integrated music system with a wide selection of music. Alternatively, patients may bring an MP3 player or a CD to listen to during their examination

Preparation

Due to the strong magnetic fields that are used by the MRI scanner, some patients will be restricted from going into the scanner. It is very important that the MRI department are told if patients are pregnant or have the following:

- Pacemaker
- Electromagnetic shunt
- Shrapnel
- Implanted devices

For most MRI procedures there is no preparation involved.

The Scan

MRI examinations typically take between 30 and 60 minutes, depending upon which body part is being examined. The scanner makes a knocking noise, so the patient will be given a choice of earplugs or headphones to wear for the duration of the scan.

After the Scan

Results are usually ready within 24 hours and sent to the referring consultant. The patient is given a CD with the images of the scan on it for those consultants who practice outside the hospital. All images and reports may be easily accessed by consultants on the HCA-wide PACS system.

Information

Location

Basement level, PMC; Ground floor, Wellington South Building; Golders Green WDOC

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The Wellington Hospital. 4

The Wellington Hospital. 5
Diagnostic Nuclear Medicine & Hybrid Functional Imaging Techniques (PET/CT & SPECT-CT)

A PET/Nuclear Medicine (NM) isotope scan involves administration (usually by injection) of a tiny amount of a radioactive tracer. The radiotracer (because it emits gamma-rays) is visualised by special cameras, allowing us to detect subtle functional changes in the areas being evaluated. There are 25-30 different such organ-specific radiotracers and therefore at least as many different NM tests used in the evaluation of both benign and malignant diseases.

Hybrid scanners (PET/CT & SPECT-CT) incorporate both isotope/functional NM technology and X-ray based CT technology on the same machine. By combining a 3D nuclear medicine scan with a CT scan acquired in the same position, a perfect superimposition of functional (nuclear medicine) and anatomical information (CT) is produced. This provides composite hybrid images with superior diagnostic capabilities that localise problem areas with greater accuracy.

A PET/CT scan is a combination of Positron Emission Tomography (PET) scan and a CT scan. A PET scan requires an injection of a small amount of a radioactive tracer, (in most cases an isotope similar to glucose called FDG) to produce functional images to evaluate the metabolism in various organs. PET/CT is clinically indicated for use in:

- A wide range of oncology settings, including tumour detection, staging and assessment of response to treatment
- Detection of benign inflammatory and infectious conditions which are sometimes difficult to locate by other tests
- Several cardiac and neurological conditions

A SPECT-CT scan is a combination of a SPECT examination (3D images of a nuclear medicine scan) and a CT scan. The most common indications for Nuclear Medicine (NM) scans and SPECT-CT scans are:

- Bone scan SPECT-CT (for spinal imaging, sports injuries & other orthopaedic imaging)
- White cell infection imaging
- Parathyroid, thyroid, endocrinology scans (octreotide, MIBG)
- Renal, lung (VQ SPECT), brain (DAT Scan)
- Myocardial perfusion SPECT (detect blood supply to heart muscle)

Background

PET/CT, located in the lower ground floor at the PMG, is a new modality for the hospital and the Siemens mCT PET/CT system is the most advanced installation of its kind in the UK.

Some of the state-of-the-art features of this PET/CT scanner are:

- An extended field of view, which reduces imaging time to 10-15 minutes, and allows a smaller dose of radio-tracer to minimise radiation exposure
- Siemens ultra HD PET technology, which

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Computed Tomography (CT), uses X-rays to produce three-dimensional cross-sectional images, or ‘slices’, of the inside of the body. This makes it useful for the diagnosis and treatment of oncology, orthopaedic, neurological, vascular, gastroenterology and respiratory conditions.

The amount of radiation used is more than an ordinary X-ray and is the same as the natural radiation we all accumulate over a period of about three years. The risk from radiation is very small, but the risk of missing a serious problem if a patient does not have a CT scan is much higher.

Background
CT scanning is available at all sites, including GE VCT Lightspeed 64 slice scanners at two locations; with specialist procedures such as cardiac scanning and nerve root injections also available.

Specialist Myocardial Perfusion Imaging (MPI) at The Wellington is carried out on the Symbia-6. This is a non-invasive technique used to evaluate the extent of heart disease.

The main indications for MPI are:
- Prognostic evaluation of CAD
- Assessment of myocardial viability
- Silent ischaemia risk assessment
- Assessment post MI after revascularisation, when angiological lesions are seen

The dual-source CT is optimised for CT coronary angiography (CTCA) and coronary artery calcium scoring, and can carry out all other diagnostic CT procedures. CTCA is an easy, painless and accurate alternative to conventional coronary angiography, which is more invasive and requires anaesthetic.

The main indications for CTCA are:
- Evaluation of atypical chest pain
- Diagnose/rule out coronary artery disease
- Coronary artery bypass graft evaluation
- Exclusion of in-stent stenosis
- Evaluation of anomalous anatomy and congenital heart disease

There is a wide range of indications for CT scanning, making it a common procedure in the treatment of oncology, orthopaedic, neurological, vascular, gastroenterology and respiratory conditions.

Preparation
Patients do not need to prepare for scans of their extremities or brain. If an injection of contrast is required, patients may need to fast for four hours prior, but instructions will be given at the time of booking. Patients may also be asked to drink a certain amount of fluid or a special preparation before having an abdomen or pelvic scan. In these cases the exam may not begin for up to an hour, to allow the fluids to work their way through the body.

For CTCA or MPI scans patients may need to fast or stop taking certain medications, in this instance specific instructions will be given at the time of booking.

The Scan
CT scans often involve injecting a substance (a ‘contrast medium’) into a vein, which for some patients may produce a warm feeling around the body and/or a metal taste in the mouth. For patients having a contrast injection this is generally given at the beginning of the scan.

The scan is quiet and will only take a couple of minutes. Patients may be asked to hold their breath intermittently or not swallow during the scan.

After the Scan
If patients have been given an injection of contrast, they may be asked to remain in the department for 15 minutes following their scan to ensure that they feel well. Patients are also encouraged to drink fluids following their scan.

Results are usually ready within 24 hours and sent to the referring consultant. The patient is given a CD with the images of the scan on it for those consultants who practice outside the hospital. All images and reports may be easily accessed by consultants on the HCA-wide PACS system.
Broader Diagnostic Services

The Wellington Hospital hosts a full range of the latest X-ray technology at all sites, including X-ray, mammography, interventional radiology and DEXA scanning, as these diagnostic investigations are useful in deciding if any other forms of imaging or tests are required.

These scans offer patients the highest quality imaging which is vital for rapid diagnosis and improved outcomes.

An X-ray is a widely used test, which creates an image of inside the body, much like a photograph. X-rays are useful in the detection of pathology of the skeletal system, as well as detecting some disease processes in soft tissue (e.g. chest X-rays, and abdominal X-rays). X-rays may also be used to detect pathology such as gallstones or kidney stones.

Alongside conventional X-ray, The Wellington South building also houses the Interventional Radiology Suite. The suite not only provides interventional services such as embolisation, but is also capable of performing Digital Subtraction Angiography (DSA). This highly specialised procedure takes place in a dedicated theatre by an expert team and is used to produce images of blood vessels and soft tissue organs such as the kidneys or the liver. The scanner first takes an image, which includes the skeleton, and when a contrast agent is injected into the body the machine digitally removes the skeleton from the images, so that the blood vessels or organ can be seen clearly. DSA can be used in both the treatment and diagnosis of arterial and venous occlusions, including stenosis, embolisms and aneurysms.

In addition, The Wellington also offers DEXA (dual energy X-ray absorptiometry) scans to measure bone densitometry. This information is used to diagnose possible osteoporosis and brittle bones. The bone densitometer measures bone mineral density (BMD), comparing measurements to comparative persons of a similar age and weight, and of the same sex and ethnic background. With short scanning times and low X-ray doses, this highly sensitive equipment can help identify risk at a much earlier stage and evaluate response to treatment.

Also offered at The Wellington South, the Breast Unit uses the latest high-resolution digital technology to detect even the smallest abnormality via low-dose X-rays. The Senographe DS mammography units provide the latest advances in breast imaging (including Sensibright, for optimal visualisation of micro calcifications, and stereotactic biopsy capabilities). There is also a breast screening service located at WDOC.

The hospital is also equipped to perform urodynamic and fluoroscopy scans. Urodynamics studies the relationship of pressure and flow related to storage and transport within the urinary tract, mainly bladder filling and voiding function. Studies are performed using the Mediwatch Computer Urodynamics System, and the examination is usually carried out as an outpatient procedure by a consultant. There is no preparation for this procedure, which takes 30 minutes and the patient may go home directly afterwards.

Fluoroscopy produces a constant stream of X-rays so that it works in real time, enabling the consultant to view a changing image continuously. It is often used to observe the digestive tract and during many diagnostic and therapeutic radiology procedures, to observe the action of instruments being used either to diagnose or to treat the patient.

Background

There is a full complement of X-ray equipment available across all Wellington sites. The detector based X-ray machines incorporate multiple dose saving systems and are designed to eliminate manual image processing and allow staff to maximise their focus on patient care. With multiple scanners available, patient waiting times are minimal.

Preparation

For most X-ray procedures there is no preparation involved and the procedure itself will take only a few minutes. For outpatients there is no need to make an appointment, a walk-in service is provided. For interventional radiology cases or procedures in IR patients will be given specific preparation instructions.

The Scan

For most outpatient X-rays the patient will either lie on a table or stand against a detector while the X-ray is taken. The X-ray takes only a few seconds to perform. For interventional (fluoroscopy or DSA) procedures an injection of contrast and/or other medications may be given.

During a DEXA scan, patients will lie on a specially designed bed while the arm of a scanner passes over them.

After the Scan

Following an outpatient X-ray, patients can leave immediately and carry on with their normal activities. Any patients receiving an injection may be monitored for a short time to ensure they are feeling well.

Results are usually ready within 24 hours and sent to the referring consultant. The patient is given a CD with the images of the scan on it for those consultants who practice outside the hospital. All images and reports may be easily accessed by consultants on the HCA-wide PACS system.

Information

**Location**
X-ray all sites, mammography WDOC and Second Floor South Building, IR and DEXA, South Buildings

**To Book Routine Scans**
X-ray is a walk-in service; for mammography and DEXA scans, fax a fully completed request form to 020 7483 5082

**To Book Same Day**
Please contact Enquiry Helpline on 020 7483 5148
## Location of Services

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## Location

### The Wellington Hospital
Wellington Place
St John’s Wood
London NW8 9LE

### Platinum Medical Centre
15-17 Lodge Road
London NW8 8NX

### Wellington Diagnostics & Outpatients Centre
Roman House
296 Golders Green Road
London NW11 9PY

### Nearest Stations
- St. John’s Wood
- Underground Jubilee Line
- Marylebone
  - Underground Bakerloo Line
  - Main Line Rail
- Baker Street
  - Underground Bakerloo, Circle, Hammersmith, Jubilee, Metropolitan Lines

### Nearest Public Car Parks
- Kingsmill Terrace – Masterpark
- Park Road – NCP

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Contact Details
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Fax: 020 7483 5082
The Wellington Hospital

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