



WHAT IS A PET / CT SCAN?

PET stands for "positron emission tomography". It is a nuclear medicine imaging test in which a small amount of liquid radioactive material is injected into your body via a cannula and then you are imaged.

PET scans are used to diagnose a variety of diseases, including many types of cancers, heart disease and brain disorders. Our PET scanner is combined with a computed tomography (CT) scanner that uses X-ray equipment to create detailed images of inside your body. The PET / CT combination precisely localises abnormalities and allowing the doctor to make a more accurate diagnosis.

WHAT IS THE PROCEDURE?

It is very important that you follow **ALL** the preparation required for the scan and that you arrive on time.

When you arrive a needle (cannula) will be inserted into a vein and your blood glucose level may be checked. You are then taken to a quiet, darkened room and made comfortable. The radioactive tracer is injected; and you will be left for a period of rest for approximately 45 mins (or 90 mins for PMSA PET/CT). You will then be instructed to empty your bladder and taken through for your imaging which will take approximately 30 mins.

ARE THERE ANY SIDE EFFECTS?

Please inform our staff if there is any possibility of you being pregnant or if you are breast feeding.

There are **NO** side effects or adverse reactions from the PET scan injection.

A diagnostic CT scan may be requested by your doctor. Please advise our staff if you have an allergy to iodine contrast.

PATIENT PREPARATION

- Wear warm, comfortable clothing with no metal objects. i.e. zippers, underwire bra.
- No jewellery.
- Limit of one person to attend appointment with you. No children as radiation is present.
- Remain well hydrated. Drink plenty of plain water as tolerated in the hour before your test and empty your bladder as needed.
- Bring any relevant medical imaging including previous PET or CT scans.
- If you are claustrophobic light sedation (Valium) is available. This will be discussed prior to beginning your procedure. If you do take Valium, you will need someone to take you home.
- PSMA PET/CT no additional specific patient preparation.

FDG PET/CT ADDITIONAL PREPARATION

- Avoid strenuous exercise for 24 hours prior to your scan.
- Have **NOTHING** to eat for at least 6 hrs prior to your appointment time. This includes chewing gum, lozenges or lollies. This is **VERY IMPORTANT**. Also, **ONLY** drink water.

Diabetic Patient Preparation

- Diet Controlled: Follow standard instructions above.
- Non-Insulin Dependent: For a morning appointment, fast as above and do not take your morning oral medication, but bring it with you.
- For an afternoon appointment, have your normal breakfast with your morning oral medication and then fast for at least 6 hours prior to your appointment time.
- Insulin Dependent: Have a light breakfast and your normal insulin injection 4 hours prior to your scan time. Bring your insulin with you.

WHAT HAPPENS AFTER MY SCAN?

We encourage you to go straight home after the procedure. Do not make any other appointments for this day. As a radiation precaution please do not spend any time in close proximity to children or pregnant women. You may eat and drink normally. Please allow up to 2 hours for the entire duration of an FDG PET/CT appointment as there may be an occasional unavoidable slight delay.

APPOINTMENT DETAILS

Day:

Date:

Time: