

## 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: