



# PET/CT Scan

A guide to your PET Scan

## Appointment Details

Patient Name: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Time: \_\_\_\_\_



## PET/CT

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Your doctor has recommended a PET/CT scan as part of your health care. This is a guide to provide you with more information about what to expect of this test. If you have questions about why you are to have this test, please ask your doctor. If you have questions about this test, feel free to ask our staff.

## How PET/CT Works

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PET detects abnormal metabolism in cancers. By injecting a small amount of radioactive tracer/isotope (eg.  $^{18}\text{F}$ -FDG) into a vein, our combined PET-CT scanner can diagnose, locate and assess the extent of spread of most cancers. PET scans can also detect areas of living heart muscle after a heart attack.

## What will happen on the day of my PET scan?

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- The reception staff will book you in and ask you to sign a consent for release of information (this allows us to get previous scan results and other crucial information from your specialist).
- If you are wearing anything containing metal, eg underwired bra, metal zipper, etc you may be asked to change into a gown.
- Our specialist staff will ask you about your medical history and will want to review the previous X-rays, CT scans, etc that you have brought along.
- A cannula will be inserted into a vein in your arm or hand through which you will be injected with the PET radioisotope. You will feel nothing from this radioactive injection.
- We will also take a small sample of blood to check your blood sugar (glucose) level.
- You will be asked to lie quietly on a couch for 1 hour in a small room.
- After this, you will be asked to go to the toilet to empty your bladder and then lie on the PET scanner bed for the scan. The scan takes about 20 minutes.
- Your total time in our department will be about 2 hours.
- While the tunnel of our scanner is larger than most others, you may feel a little claustrophobic. You will be able to talk to staff during this scan via an intercom in the machine itself.
- After you have been told that you can leave the PET suite, it is suggested that you go home directly. The scan will be reported on the same day or early the next day and the results will be sent to your referring doctor.
- **It is imperative that you are not late for your scan and you should arrive at least 15 minutes prior to the booked time.**
- The isotope used in your scan is ordered individually for each patient on the day prior to the scan. Please advise us of any cancellations as soon as possible to avoid a potential charge of \$300 to cover the cost of your isotope.

## Patient Preparation:

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### Before your Scan:

1. Avoid strenuous exercise for 24 hours prior to your appointment.
2. If you suffer from claustrophobia, please contact us before the day of the scan to discuss.

### On the Day of your Scan:

1. Apart from plain water, do not consume any food or drink for approximately 6 hours before your scan (see over for exact time). You should drink plain water to remain hydrated.
2. Avoid sweets, gum, breath mints, soft drinks or sugar of any form on the day of your test.
3. If you require sedation for the PET scan, please ensure that you do not drive home or operate heavy machinery for the rest of the day.
5. Keep warm on the day of your test.
6. Wear warm comfortable clothes with ***no metallic objects (eg an underwire bra, jeans with buttons)***.
7. Take your usual medications, (if you are diabetic, see the instructions following).
8. **Bring your Medicare card, referring request and only previous relevant X-rays, PET scans, CT & Nuclear Medicine scans with you.**
9. **Do not bring small children with you on the day of your appointment.**

Please note that **you must inform the staff if you are pregnant or breast feeding**, or will be accompanied by someone who may be pregnant.

## For Patients with Diabetes:

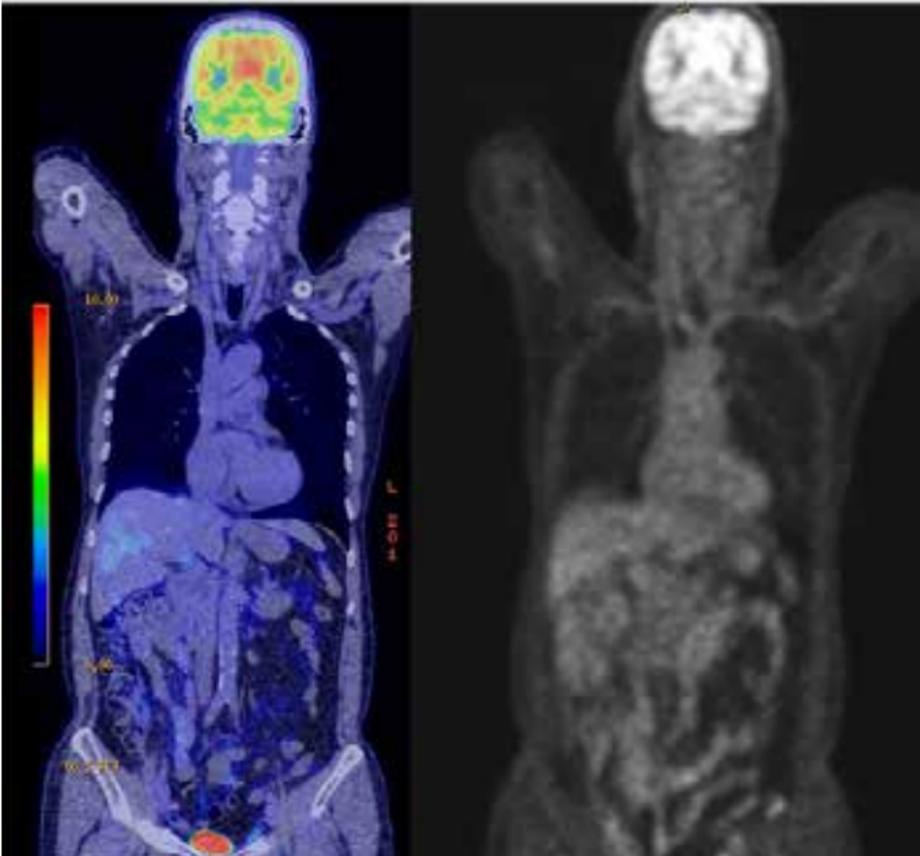
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- a) **Diet controlled** - No special preparation.
- b) **Non-insulin dependent** - Have your normal breakfast before 6am with your normal oral diabetic medication, and then fast for at least 4 hours until your appointment.
- c) **Insulin dependent** an appointment before 12 noon is preferred. After a normal breakfast and your normal insulin before 6am.

## Risks:

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- An FDG PET scan is a simple and safe test.
- It involves a small amount of radiation comparable to an ordinary body CT scan.
- There is virtually no risk of allergy.
- Iodine is not used intravenously in most cases.
- Dilute oral contrast may be used.
- If you need a catheter in your bladder, there is a small risk of infection or damage to the pelvic tissue.





## **We will confirm your appointment the day before your scan.**

It is important that we speak with you the day prior to your PET/CT appointment to confirm your availability and specific pre-scan preparation needs. At the time of booking, please provide us all your current contact details, including mobile and home phone numbers.

Arrive at least 15 minutes prior to appointment time to ensure appropriate paperwork and prior imaging is ready for assessment with your examination.

## **Results**

Your results are electronically transferred to your referring Doctor. At your request and upon completion of our 'Release of Patient Information Form' we can also forward this results to other Doctors or Hospitals involved with your health management.

## The Cross Campus Advantage

Our Nuclear Medicine Specialists work both at North Shore Private Hospital and Royal North Shore Hospital and have extensive experience and expertise in comprehensive cancer imaging and PET/CT.

All of the Specialists are actively involved with the multi-disciplinary teams treating patients across the public/private North Shore campus and provide careful interpretation of images to inform the therapeutic discussions at the multi-disciplinary team meetings. Our images are available across the campus networks and can be accessed instantly for the meeting discussions at both hospitals.



Our Nuclear Medicine Physician Team



Specialised Imaging Excellence



You can reach us by car, bus, train or taxi. We are located within the grounds of the Royal North Shore Hospital Campus, in St Leonards, just off the Pacific Highway or Gore Hill Freeway.

Metered street parking is available on Westbourne Street. Parking is also available in the multi storey car park accessed from Westbourne Street or Reserve Road. Valet Parking is available from the main entrance of North Shore Private Hospital via Westbourne Street.

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