

PET/CT Scanning and Diagnostics Center



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PET/CT Scanning and Diagnostics Center

Your doctor has referred you for a PET/CT scan. This is a fairly simple procedure and will take between two to three hours. In this leaflet we will hopefully answer most of your questions about the scan. If you have any concerns, please contact us.

FAQ (Frequently Asked Questions)

1. What is a PET/CT scan?

A PET/CT scan combines a PET scan and a CT scan. PET stands for Positron Emission Tomography. A PET scan uses an injection of a very small amount of a radioactive label, similar to sugar, (F-18 Fluorodeoxyglucose, or FDG for short) to produce images that show how your body is working. CT stands for Computed Tomography, and is a technique that uses X-rays to take pictures of different organs in your body. By combining these two techniques in one scanner, we are able to provide important information to help your doctor plan appropriate treatment for you.

2. Are there any side effects? Is it safe?

There are no known side effects from the radioactive tracer. The amount of radiation varies and the related risks are very small; the patient will be injected the dose according to his weight and height. If you are or you think you may be pregnant, you should tell us before your injection..

3. Who will I see?

A small team of clinical staff will look after you during your visit. One of the technologists will carry out the scan.

4. Can I bring a friend or relative?

Yes ,they can accompany you to the reception. But they will only be allowed to go into the examination room in special circumstances (for safety reasons). Children will not be allowed into the examination room so you need to make arrangements for them before your appointment.

Before your scan

Please contact us before your appointment if any of the following apply:

- You are diabetic
- You are pregnant, breastfeeding or in contact with small children
- You have any disability or special needs
- You weigh over 150kg
- You have any other appointments on the same day
- You have questions or concerns



Please be on time for your appointment

It is very important that you arrive 30 minutes before your appointment time, as the radioactive tracer we inject can only be used for a very short time. If you are late, we may not be able to proceed with your scan. If you are not able to come to your appointment or if you are going to be late, please call us as soon as possible.

On the day of your scan

- Please do not have anything to eat or drink for six hours before your appointment, except for water. This includes chewing gum, cough candies, and sweets.
- You may drink as much water as you like.
- Take your regular medication as normal, unless you are diabetic. If you are diabetic, please contact us for instructions.
- Avoid strenuous physical exercise for 24 hours before your appointment.



What happens during my appointment?

- When you arrive to the center you should first head to the reception to register. you arrive you should go the reception and register. You may also have to fill out some forms if you haven't already done so. One of our nurses will explain the procedure and ask you about your medical history. You will also have the chance to ask any questions you may have. We will take a quick measurement of your blood glucose level to evaluate if we can proceed with the scan.
- If all is well, we will then walk you over to the injection room where we will insert a small IV cannula and proceed to administer the radioactive material There are no side effects from the injection.
- After the injection, you will need to rest and stay reclined for 60 minutes while the tracer is being absorbed in your body. You may not use your phone, tablet, read or pray during that time. Your body must be completely relaxed during the 60minutes.
- Once the radiotracer has been absorbed into your body, you are ready for your scan.
- In the scanning room, we will ask you to lie down on the scanner bed. The bed will move through the ring of the scanner and collect images. This will take between 20 to 60 minutes, depending on the type of scan you need. The technologist operating the scanner will be able to see and hear you throughout the procedure.



Will it be uncomfortable?

We will make you as comfortable as possible. The scan will not cause any pain.

After your scan

After the scan is over, you can leave straight away and eat and drink normally.

We recommend that you don't have close contact with pregnant women or young children for six to eight hours after the scan.

We encourage you to drink plenty of fluids after your scan as this will help flush the leftover radioactivity from your body.

When will I get the results?

Within 5 days working hours of your scan, our PET/CT clinicians will analyze your images and send a report to your doctor or consultant. If a follow up appointment is not already arranged, you will need to contact your doctor or consultant to make an appointment to get your results.