

## PET/CT Patient's Guide

Your doctor has referred you for a PET/CT scan at CISC located at the University of Sussex, Falmer Campus.

### What is a PET/CT scan?

Positron Emission Tomography with Computed Tomography (PET/CT) is an imaging technique in which a small amount of radioactive sugar (<sup>18</sup>F-FDG) once injected into one of your veins, provides information about the anatomy (CT) and function (PET) of your internal organs.

### When your appointment is made we will need to know if any of the following applies to you:

- Chemotherapy within last 3 weeks.
- Radiotherapy/Surgery within last 3 months.
- Pregnancy, breast feeding, young children at home.
- Diabetes.
- Difficulty tolerating MRI or CT Scans due to claustrophobia.
- Difficulty lying flat with two or less pillows.
- If you are feeling unwell.
- Incontinence.
- In need of hospital transport.

## Preparing for your scan

### **Diabetics will be issued separate fasting and medication instructions**

- Do not eat for **6 hours** before the scan.
- Take all regular medication as normal. Bring a list of your medication with you to your appointment.
- Drink only plain unflavoured water during the 6 hours before your scan.
- Avoid strenuous activity and exercise for 24 hours prior to your appointment.
- If possible wear loose fitting clothes without metal zips / fasteners and minimal jewellery. If you would prefer, we are able to provide suitable clothing.
- If you are running late or unable to attend you must contact us **IMMEDIATELY**.
- Arrive 15 minutes prior to your appointment.
- You may bring a friend or relative provided that they are **over 18** and **not pregnant**, however they will have to remain in the waiting room during your appointment.
- Expect to be in the department for **2-3 hours**.

## Arriving for your Scan

- **Travel and parking instructions** can be downloaded from the website: [www.bsms.ac.uk/research/cisc/information-for-patients/](http://www.bsms.ac.uk/research/cisc/information-for-patients/)
- If you are in need of assistance please ask at *CISC reception*.
- It is advisable to bring a concise history of recent medical procedures and a list of the medications that you are taking at the time of your appointment.

### Important information regarding this scan

On rare occasions, due to the complexity of both the scanner and the manufacturing of the injection (which occurs off-site), we can experience technical difficulties and may be unable to perform your scan. On these occasions we will inform you as soon as possible and will arrange a new appointment.



## The Procedure

- A radiographer will escort you to a room in the scanning area and take a short medical history.
- At this point you will be asked to remove any metallic objects, including clothing and jewellery.
- A small needle will be inserted into a vein and a blood sample taken to ensure your blood glucose level is within the acceptable range. The radioactive sugar will then be injected.
- After the injection you must rest on a couch for 1 hour. This is to allow the injection to be absorbed by your body. During this time you will not be permitted to read or listen to music.
- Immediately prior to your scan you will be sent to the toilet to empty your bladder.
- You will then be taken into the scan room, where you will lie on your back with your arms supported above your head. In certain circumstances we may scan you with your arms by your side.
- The scan will take 25-60 minutes, depending on the type of scan.
- It is very important that you keep very still during the entire scan.

## After your scan

- Once the scan is completed it will be necessary for you to leave the centre straight away.
- You may eat and drink immediately after the scan.
- Drink plenty of fluids and empty your bladder frequently. This is to lower the radiation dose to your bladder and pelvis.
- Avoid contact with children and pregnant women for at least 4 hours after the scan.

## Risks

The injection of  $^{18}\text{F}$ -FDG has *no known side effects*. There is radiation involved in the procedure but the risks associated with this are minimal and will have been considered by the doctor who authorised the scan.

## Results

A report will be issued to your referring consultant within 1 week.

**Questions?** If you have any questions or concerns regarding your appointment please contact us on the appropriate number. (see front page.)

Reference no. Pub date Sep 2012 Review date Sep 2014

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تفهم هذه المعلومات فسنساعدك على الترتيب لتوفير مترجم شفوي لك.

এই পত্রিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如果你不明白本單張的內容，我們可安排口譯員服務。

如果你不明白本傳單的內容，我們可安排口譯員服務。

اگر مشرحتان این جزوه را نمیفهمید، ما مترجمانی را می توانیم در اختیار شما قرار دهیم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.



## F18-FDG

## PET/CT: Patient Information



University of Sussex, Falmer, BN1 9RR

## Contact Information

**PET/CT Coordinator:** 01273 696955

Ext. 4572 (Appointment enquiries)

**CISC PET/CT Centre:** 01273 876720

(Procedure enquiries)

[www.bsms.ac.uk/cisc/](http://www.bsms.ac.uk/cisc/)

email: [cisc@bsms.ac.uk](mailto:cisc@bsms.ac.uk)

**Opening hours 8.30-17.00**

**Please read the following carefully as it contains important information regarding your scan**