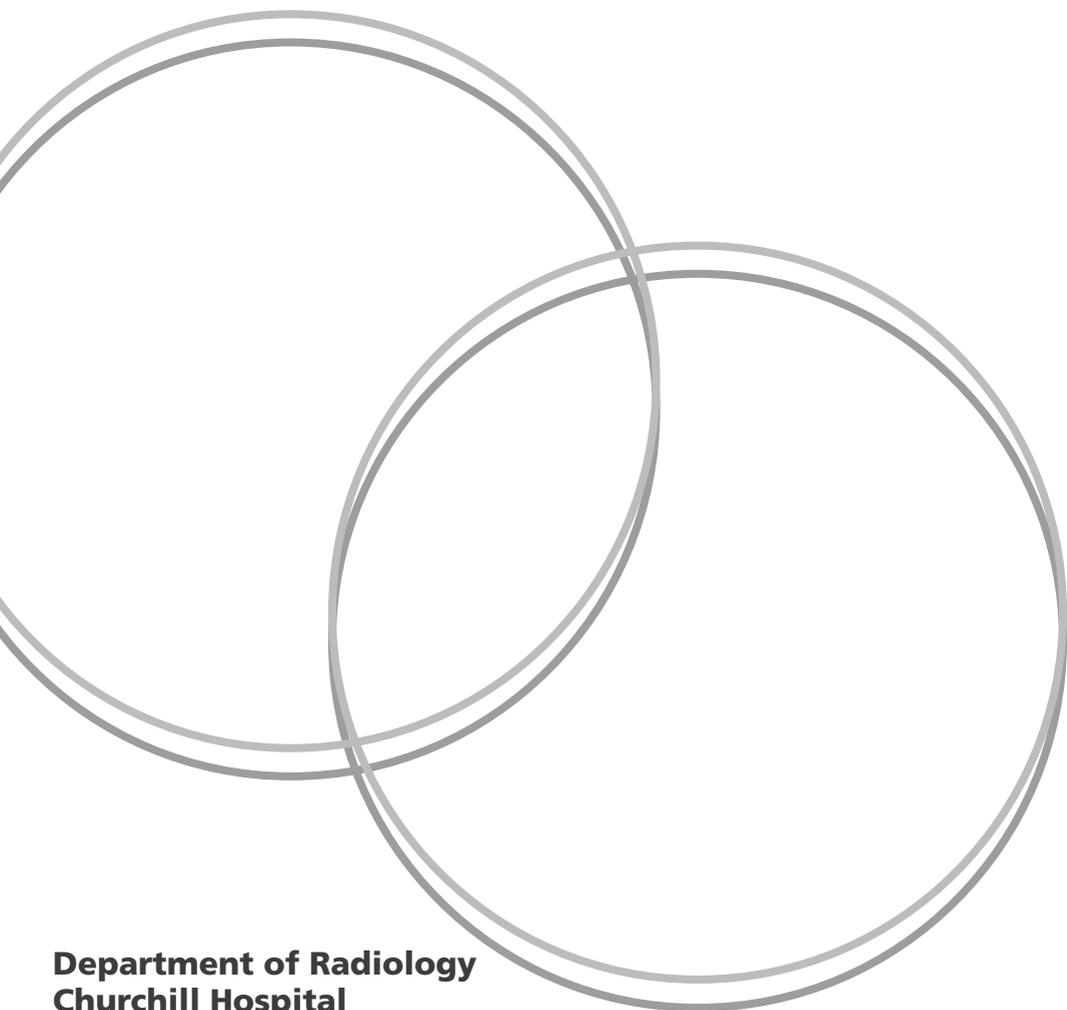




Oxford University Hospitals
NHS Foundation Trust

Your PSMA PET/CT scan

Information for patients



Department of Radiology
Churchill Hospital

Your doctor has requested that you have a PSMA PET/CT scan. This relatively simple procedure will take between 2 and 3 hours. In this leaflet we will hopefully answer most of your questions about the scan. However, if you have any concerns, please do not hesitate to contact us on **01865 235734, 235733** or **235850**.

Before your scan

Please contact us before your scan if you:

- Are pregnant, breastfeeding or are in contact with any children
- Have any disabilities/mobility requirements
- Weigh over 100 kg (16 stone)
- Have any allergies
- Have any incontinence
- Are booked in for any other appointment on the same day as your scan.

Please be on time for your appointment. This is very important because the radioactive Tracer that we inject has a very short shelf life. Consequently if you are late we may not be able to proceed with your scan. Please only bring one person to accompany you (if needed) and do not bring any children with you.

What is a PSMA PET /CT scan?

PET stands for positron Emission Tomography. This is an imaging technique that uses small quantities of a radioactive tracer, F18 PSMA, to produce images that show how your body is working. CT (Computed Tomography) uses X-rays to produce cross section pictures showing the density of different organs in the body. By combining these two techniques in one scanner, we are able to provide important information to help your doctor plan an appropriate treatment for you.

A Prostate Specific Membrane Antigen (PSMA) PET-CT scan specifically tests for Prostate Specific Membrane Antigen (PSMA), a type of protein that prostate cancer cells have more of. A PSMA scan may be able to detect prostate cancer and any spread earlier than other scans, which could benefit your treatment.

Are there any side effects?

There are no known side effects from the radioactive injection. There is a small amount of radiation involved in the procedure (a similar amount to other diagnostic procedures such as CT) but the risks associated with this are minimal. This is the equivalent of about 5 years naturally occurring ('background') radiation and is of no significant risk to you.

Any small risk is outweighed by the benefits of having the scan to help in your diagnosis and treatment.

Preparing for your scan

- You may eat as normal prior to your scan and take any medication as usual.
- We encourage you to stay hydrated both before and after the scan, as this helps to flush the tracer through your body. You may continue to go to the toilet as usual before your scan.

It is very important that you arrive on time for your appointment. If you are unable to attend or are going to be delayed, please telephone us as soon as possible.

Sometimes, due to the complexity of both the scanner and the radioactive tracer that is injected, we can experience unforeseen technical difficulties which could mean we're unable to scan you on the day. If this happens, we may need to cancel your appointment at short notice, but we will rebook you for the first available convenient date. Please remain contactable on the day of your scan.

If you have private insurance, please bring your details with you.

What should you wear?

We suggest that you wear something warm, loose, comfortable and metal free, this includes jewellery, zips and bra hooks. A watch may be removed at the time of the scan.

When you arrive at the hospital. The procedure will be fully explained by a Radiographer /Technologist who will take a brief clinical history and measure your height and weight. You may be asked to fill in additional forms.

Administration of the tracer

In order for us to obtain images of your body, we need to give you the radioactive injection into a vein – usually your arm. This is similar to a blood test. After the injection you will need to rest and remain seated/ reclined for 1 and a half hours while the injection is absorbed into your body.

What happens during the scan?

Once the radioactive tracer has been absorbed into the body, you are ready for your scan. In the scanning room, you will be asked to lie down on your back on the scanning bed. The scanner is an open ring-like structure which resembles a giant doughnut. The bed will move through the ring of the scanner and collect images for 30 to 40 minutes. You breathe normally throughout the scan – there are no instructions to follow.

After the scan

After the scan has been completed you are free to leave immediately. We will give you restrictions to follow including no close contact with pregnant women or any children for 6 hours after the scan. You are encouraged to drink plenty of fluids of any type as this will help flush any excess tracer through your kidneys.

Your images will be analysed by a Consultant Radiologist specialising in PET/CT, who will send a report to the doctor who requested your scan.

Your appointment time

Patient name:

Date of scan:

Arrival time:

Department:

Please see map for address and directions.

Questions / How to contact us

For more information, or if you have any questions, please do not hesitate to contact our PET team on:

Tel: **01865 235734** or **235733** or **235850**.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: PET/CT Team
October 2023
Review: October 2026
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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