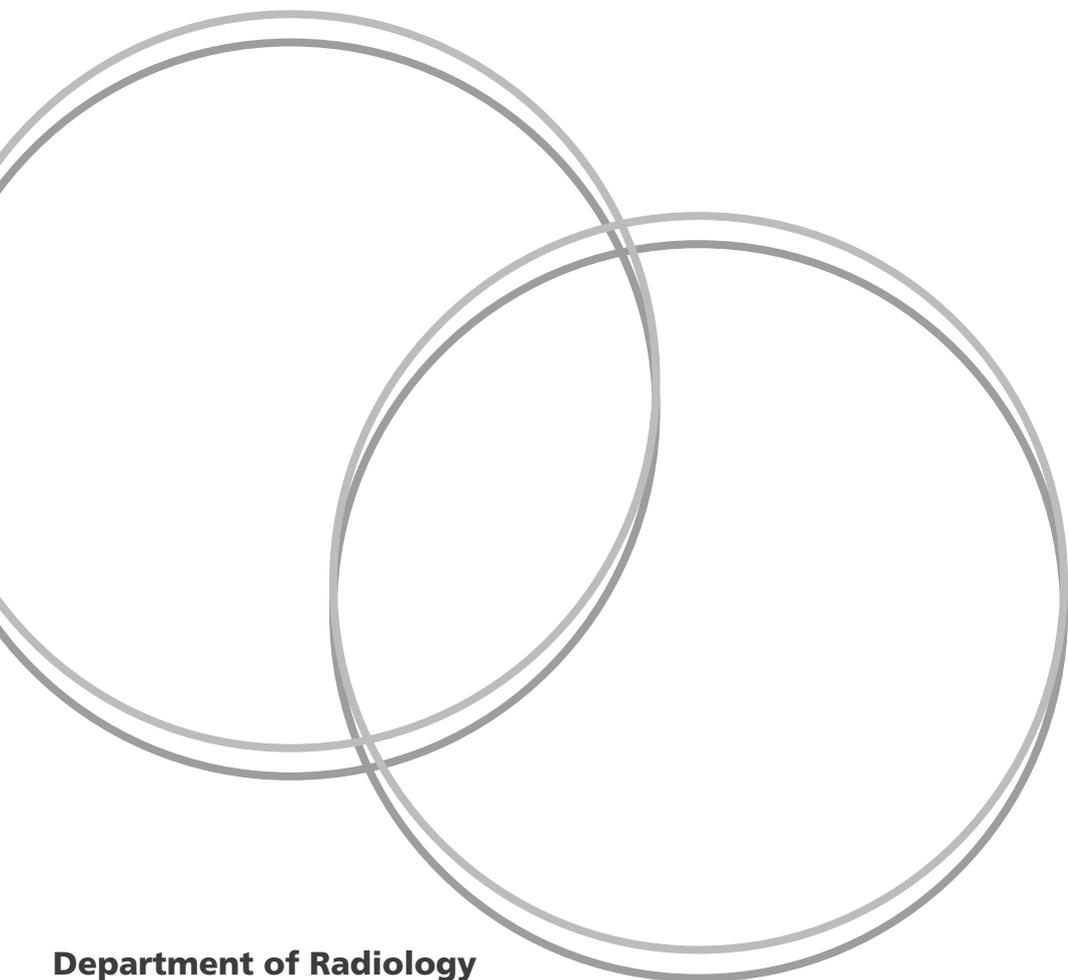




Oxford University Hospitals
NHS Foundation Trust

Your PET/CT Scan

Information for patients



Department of Radiology
Churchill Hospital

Your doctor has requested that you have a 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 diabetic
- Are claustrophobic
- Are pregnant, (risk of pregnancy) breastfeeding or are in contact with any children
- Have any disabilities/ have mobility requirements
- Weigh over 100kg (16st)
- Have any allergies
- Have any incontinence
- Are booked in for any other appointment on the same day as your scan
- On any medication that contains sugar

Please be on time for your appointment. This is very important because the radioactive sugar 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 PET/CT Scan?

PET stands for Positron Emission Tomography. This is an imaging technique that uses small quantities of a radioactive tracer, 18 Fluorodeoxyglucose (similar to sugar), 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.

Are there any side effects?

There are no known side effects from the injection of the radioactive sugar. 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

- Please do not eat or drink anything (except plain unflavoured water) for 6 hours before your appointment (unless told otherwise by us). This includes lozenges, sweets and chewing gum, even if they are sugar free. If you are having a scan for cardiac sarcoidosis you will be given separate fasting instructions.
- We encourage you to drink plenty of water both before and after the scan (approximately 4 to 5 glasses), as this helps to flush the tracer through your body. You are welcome to bring your own water. You may continue to go to the toilet as usual before your scan. Please avoid strenuous exercise for 24 hours before the 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.

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, including 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 also be asked to fill in some additional forms.

Administration of the tracer

In order for us to obtain images of your body, we need to give you an injection of radioactive sugar into a vein – usually your arm. This is similar to a blood test. There are no side effects from the injection and you will need to rest and remain seated/reclined for one 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 between 30 to 60 minutes, depending on the type of scan that you need. You breathe normally throughout the scan – there are no instructions to follow. Depending on the type of scan we may give you X-ray contrast/dye during the scan similar to that used in CT.

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. You can eat as normal. Continue taking any medication as normal.

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**
01865 235733
01865 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.

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Oxford University Hospitals NHS Foundation Trust
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