

## HOW LONG DOES IT TAKE?

You will be in the Radiology department for 2 to 3 hours. The actual scan will take about 20 to 30 minutes.

## IS THERE ANY SPECIAL PREPARATION?

This preparation is important to ensure the scan is successful.

You must fast for 6 hours prior to your appointment time. You may empty your bladder as normal.

Drink one litre of water in the hour before your appointment time.

If contrast is required for a diagnostic CT scan, we may require you to have a blood test to check your kidney function prior to your appointment.

***If you are diabetic, please let us know when we confirm your appointment, as there may be additional instructions regarding fasting and any medications you may be taking.***

## ADDITIONAL INFORMATION

- **Medications:** Please take all medication as required with WATER ONLY, unless you are taking medication for diabetes. Diabetic patients should contact us prior to their appointment for further instruction.
- **Medicare and Concession Cards:** Please bring your Medicare and any Concession cards with you.
- **Clothing:** Wear loose, warm, comfortable clothing, preferably without zippers or buttons. Please leave valuables at home as we are unable to accept any liability for loss.
- **Previous Imaging:** Please bring all previous CTs, x-rays, and PET scans with you. These scans can often provide valuable additional information to the attending PET-CT Specialist when your scan is reported.

## WHERE CAN I HAVE A PET-CT SCAN?

An appointment is required for all PET-CT scans.

### SUBIACO

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## YOUR GUIDE TO

# PET-CT IMAGING



## WHAT IS A PET-CT SCAN?

A PET-CT scan is a powerful diagnostic tool which combines the functional information of a PET scan with the structural information of a CT scan.

Positron Emission Tomography (PET) is an imaging procedure which shows the function of an organ or tissue rather than its anatomical structure. A radioactive form of glucose, called FDG, is injected into a vein and is then taken up by tissues in your body. The PET scanner detects the radioactive distribution within your organs and shows how they function.

CT imaging is a form of x-ray imaging which looks at the body in cross section. To produce images, a narrow beam of x-rays is rotated around the part of the body to be examined. The x-ray beam is recorded by an array of detectors which send the signals to a computer. The computer then processes these signals to form multi-sectional images of the body.

## RADIATION SAFETY

This examination involves the use of radiation. The amount of radiation you are exposed to during a PET-CT scan is relatively low and we take every precaution to ensure this dose is minimised using the most modern equipment available. This examination is only requested by your doctor after careful consideration of the benefits of you having this examination versus any risk. At SKG Radiology, we subscribe to the ALARA (As Low As Reasonably Achievable) principle. This means we use the minimum dose necessary to provide a diagnosis.

***If you know or think you may be pregnant, you must tell your referring doctor and our staff prior to the examination.***

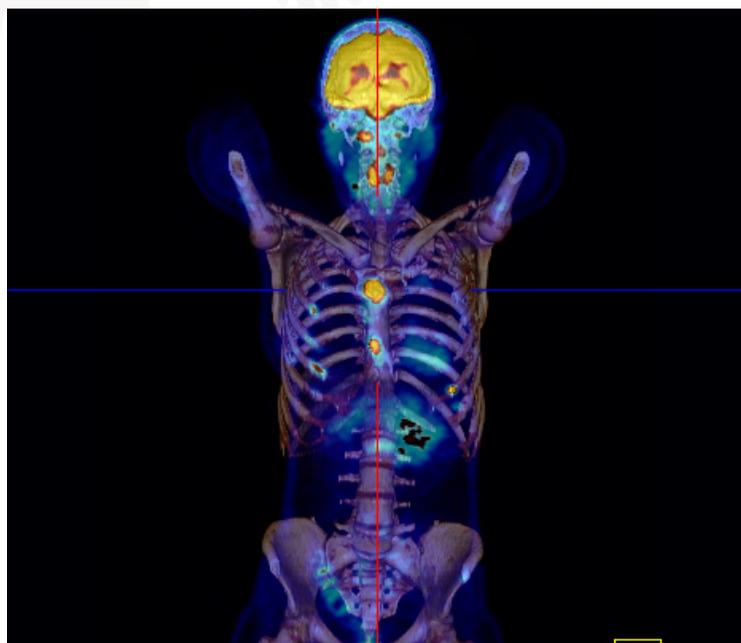
## ARE THERE ANY RISKS OR SIDE EFFECTS?

PET-CT scans are a safe and routine procedure. The radioactive glucose is very safe and has no known side effects. The amount of radioactivity administered for the PET scan is relatively small.

CT is also a safe and routine procedure. It may be necessary to have an injection of contrast for the CT part of the scan. You will be asked questions regarding any previous iodine contrast reactions prior to your scan being performed.

## WHAT TO EXPECT WHEN ARRIVING FOR AN APPOINTMENT?

When you arrive at the PET-CT centre, our staff will confirm you have correctly followed the preparation instructions for the scan. You will have the opportunity to discuss any concerns relating to your scan with the imaging staff.



You will need to have a glucose check via a finger pin prick. This is a quick process and relatively painless.

An IV cannula will then be placed in your arm and the FDG tracer injected. After the injection, you must wait for one hour prior to the scan. During this one hour period, you will be resting quietly in a dimly lit room. It is very important during this time to relax, avoid talking and avoid any significant movement.

For the scanning procedure, you will be asked to lie on your back on the scanner table. You will be moved in and out of the scanner opening and may hear a humming noise when the scanner is operational. No moving parts will touch you during the scan.

If a diagnostic CT has also been requested, this study will follow the PET-CT scan and require an infusion of CT contrast (via the cannula in your arm). The contrast will provide additional information by highlighting certain organs and blood vessels on the CT scan. During the injection, you may notice a sensation of warmth and a medicinal taste or smell, which subsides rapidly.

Please let us know if you have a history of kidney disease, as it may be necessary for you to have a blood test prior to your appointment to test your kidney function.

After the study, you may be asked to stay in the department for a short time while the images are being checked by a Nuclear Medicine physician. The tracer and contrast injected will be passed out of your body in your urine during the next 8 to 10 hours. Drink plenty of fluid to assist this. If you have not had any sedation, you will be able to drive a car and return to normal activity. You may resume eating normally after the completion of your PET-CT scan.