

## Nuclear Medicine

### PET/CT (FDG) Scan

We provide this information to help you prepare for your visit to the Nuclear Medicine Department. It is very important that you read all of the information enclosed about your appointment.

#### What is an FDG PET/CT Scan?

PET is short for Positron Emission Tomography. It is a nuclear medicine technique that uses a radioactive substance to look at different parts of your body. PET scans can be performed for a variety of different conditions. It involves an injection into a vein in your body of FDG (fluoro-deoxyglucose), a substance similar to glucose. The PET scanner then detects areas of high glucose concentration within your body that can be used to detect a wide range of conditions. At the same time a CT scan is used to provide information on the location of any uptake on the PET scan.

#### Important:

We require you to **phone the department on receipt of this letter** to confirm that you will be able to attend for your appointment.

This will enable us to **order the injection required for your test.**

**Failure to confirm your appointment** will result in your appointment **being cancelled. The department phone number is: 02476 968212.**

When you phone the department to confirm your appointment you will be asked a number of questions relating to:

- the dates of any recent treatments e.g. radiotherapy/chemotherapy
- the dates of any recent biopsies or surgery you may have had
- medications you are currently taking
- other recent scan dates



## Patient Information

**This information is important and can determine when it is appropriate to perform this test; it may be that your appointment has to be rescheduled accordingly.**

**Please also contact the department as soon as possible if:**

- You are pregnant (or think you may be pregnant)
- You are breastfeeding
- You have any special needs
- You will be using ambulance transport to attend your appointment and your appointment time is after 12:00 noon

**Contact us on:**

Telephone: 02476 968212

Monday- Friday 08:30am-5:00pm

## Preparation

- **Do not** have any food for 6 hours prior to your scan.
- Only drink plain unflavoured water and nothing else during this time. Do not drink tea, coffee, alcohol, squash, fizzy drinks or flavoured water.

It is important that you are hydrated before coming for your test. Make sure you drink at least 3 glasses of plain water before attending. If you are taking any liquid medicine, please let us know as it may contain sugar which can affect your test.

If you are diabetic it is also really important to let the department know as soon as possible before your appointment. The staff will then discuss with you how you control your diabetes and give you advice on when to eat and when to take any medication. This is to make sure that your blood sugar is in the correct range when you have your scan. Staff may suggest changing your appointment time to fit in with your meal and medication times.

If you have been sent a questionnaire with this information please complete it and bring it with you when you attend the department. Do not worry if you have not been sent a questionnaire with this leaflet. Staff will give you one to complete when you arrive in the department.

**Also, bring with you a list of medication that you are currently taking.**

### **What will happen when I come to the Department?**

On arrival staff will confirm pre-test checks and they will measure your height, weight and blood sugar level. If your blood sugar level is too high it may not be possible to do the test. Staff will also check your questionnaire results and answer any questions you may have.

We ask that you attend wearing loose clothing that is free from metal zips, buttons or studs. If your clothing has metal zips or buttons, we will ask you to change into a hospital gown.

### **What happens during the procedure?**

Your radioactive injection will be given through a cannula or needle in a vein in your body, normally in your arm. After the injection it takes some time for it to be taken up by the cells in your body.

Whilst the injection is given and for the uptake period afterwards you will be asked to rest on a bed. This is to ensure effective uptake of the FDG injection. During this time it is important to relax as much as possible as excessive movement can cause the FDG to be taken up in the muscles in your body. This can affect your images. This also means we ask you to refrain from reading or the use of phones and music devices during the uptake period. You will be asked to wait for approximately 1 hour on the bed before the pictures are taken.

Owing to the nature of the injection we do not allow relatives to wait near you. They are welcome to wait in a different area of the department or staff can give them a time to return to collect you after your scan.

### **What happens after the procedure?**

After your injection you will be asked to limit your contact with small children and pregnant individuals for the remainder of the day. We suggest that for the rest of the day you try to keep any time that you spend within arm's length of pregnant individuals, babies and small children as short as possible. However, there is no need to stop giving children essential love and care.

The radioactivity in your body will soon disappear if you continue to drink plenty of liquids. These will help to clear the radioactivity from your body more quickly. It is very unlikely that you feel any side-effects after the scan, but if you do please let staff in the department know.

## Patient Information

**You will typically be in the department for 2.5 hours for this procedure.**

### **How much radiation will I receive?**

For this scan it is necessary to inject a small amount of radioactive tracer. The small risk from this is outweighed by the information that will be gained by taking the scan. A doctor will have checked the request to ensure that this is the appropriate test for you. If you have any concerns or would like further information about this please contact the department.

### **What happens when the pictures are taken?**

At the end of the uptake period (before entering the scanning room), you will be asked go to the toilet to try and empty your bladder. After this, the pictures are then taken by a special machine called a PET-CT scanner. You will lie on the scanner bed and will be required to keep as still as possible, but you can breathe as normal.

The scan will take between 20-45 minutes to complete and the bed you are lying on will move through the scanner as it takes pictures of your body. A member of staff will be able to see you throughout the scan.

### **What happens after the scan?**

You will be asked to wait for a few minutes whilst your images are processed and checked. You will be told when this is completed and when you can leave. We are **not** permitted to discuss the results with you. The Doctor who requested the scan usually receives the results within 2-3 working days.

### **Directions and Car Parking**

The department is a short walk from the main entrance on the ground floor. To find the Nuclear Medicine department enter the hospital through the main entrance and turn left on to the West wing. Follow the signs for X-ray along the corridor. X-ray is located on the left hand side just past Fracture Clinic.

Enter X-ray reception and continue ahead, following signs for Nuclear Medicine. The department is located through the double doors, where you will enter into the main reception area of the department.

## Patient Information

There is hospital car parking available to all hospital patients and visitors. Spaces are limited so please allow plenty of time to locate a car parking space. A charge is payable (automatic number plate recognition systems are in operation). Further information including directions, parking charges and site maps are available on the trust website ([www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)).

## Relatives and Escorts

You may wish to bring a friend or relative to accompany you for your investigation. They may be useful if you do not speak English very well or if you have any special needs. Please **do not** bring pregnant individuals or children with you.

## Facilities available in the hospital

- Chilled water dispenser in the department.
- Costa Coffee and WHSmiths in the main reception foyer.
- Three hospital restaurants.

All the staff would like to make your visit as pleasant as possible. If you have any concerns please talk to the person looking after you or contact us on 024 7696 8212.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 8212 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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