

## Nuclear Medicine

Ground Floor (Access via X-Ray Dept.)

Clifford Bridge Rd

Coventry CV2 2DX

## PSMA PET-CT Scan

This information will help you to 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 a PSMA 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.

Before the scan, you have a small amount of a radioactive tracer as an injection into your bloodstream. The tracer involved in this test is called PSMA (Prostate Specific Membrane Antigen). This is related to the function of your prostate and is linked to a radioactive isotope called Fluorine-18. The PET scanner detects areas of increased PSMA uptake in cells within your body. At the same time, a CT scan is used to provide information on the location of any uptake on the PET scan.

**As part of your study, for which you are attending, you are to be administered with an unlicensed medicine.**

Within the UK, medicines are approved for use by the UK's governing body for medicines, the Medicines and Healthcare Products Regulatory Agency (MHRA), to ensure appropriate quality, safety and effectiveness of the medicine in relation to how it is to be used.

An unlicensed medicine is any medicine used within the UK without full approval by the MHRA. This may include using a medicine for another use



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outside of its licensed indication or using a medicine licensed for use by another country.

You have been prescribed an unlicensed medicine because there is no suitable licensed alternative available for the nuclear medicine study.

**However, the clinical team treating you will have thought carefully about prescribing and administering this medicine to ensure it's the most appropriate medicine for you and its use usage is carefully monitored to ensure patient safety.**

Should you have any concerns with the study you have been booked in for, please do not hesitate to contact the department using the details below or your consultant.

### Important

**Please phone the department when you get this letter to confirm that you will be able to attend your appointment. This will enable us to order the injection required for your test.**

**If you don't confirm your appointment, your appointment will be cancelled. Call the department on 02476 968212.**

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

- Recent treatments e.g. radiotherapy/chemotherapy (dates)
- Any recent biopsies or surgery you may have had (dates)
- Medications you are currently taking
- Other recent scan dates

**This information is important and will let us know when it is appropriate to perform this test; it may be that your appointment has to be rescheduled for another day,**

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

- 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:**

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

**Telephone: 02476 968212**

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### Preparation

It is important that you are hydrated before coming for your test. Please make sure you drink at least 3 glasses of plain water before attending. Please 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 and weight.

We ask that you attend wearing loose clothing that has no metal zips, buttons or studs. If your clothing has metal zips or buttons, we will ask you to change into a hospital gown.

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 the radioactive tracer to be taken up by the cells in your body. This is called the uptake period. You will be asked to rest on a bed for around 2 hours before the pictures are taken. During the 2 hour wait you are able to bring something to read or listen to with headphones if you would like.

The injection gives off small levels of radiation which disappear later in the day but as a precaution, we do not allow relatives to wait near you while you have the injection or during the uptake period. 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.

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 this 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.

**You will usually be in the department for up to 3.5 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 right 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 to empty your bladder. 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 25-40 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 the department. We are **not** permitted to discuss the results with you. The doctor who requested the scan usually receives the results of the scan within 2-3 working days of your scan.

### **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.

Hospital car parking is 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.uhcnhs.uk](http://www.uhcnhs.uk)).

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### Bringing someone with you

You may wish to bring a friend or family member to accompany you for your scan, they may be useful if you do not speak English very well or if you have any special needs. Please do not bring children or pregnant individuals with you.

### Facilities available in the hospital

- Chilled water dispenser in the department.
- Costa coffee shop, M&S Food Hall and WHSmith shop in the main reception foyer.
- Three hospital restaurants

### More information

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 us on 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

Department:	Nuclear Medicine
Contact:	28212
Updated:	June 2022
Review:	June 2024
Version:	2
Reference:	HIC/LFT/2580/21