

PET/CT Department

What is a PET/CT scan?

PET/CT (Positron Emission Tomography and Computerised Tomography) is a scanning method that allows us to see how organs are working. PET/CT helps us identify organs or tissues that are not working normally. The body is imaged following the injection of a radioactive tracer (most commonly 18-FDG), a form of slightly radioactive sugar. This provides important information about many conditions affecting different organs and these images allow your doctor to plan your treatment more accurately.

Do I need to confirm my appointment?

- **Yes** it is important that you telephone and confirm this appointment. This way we can give your appointment to another patient if you are unable to attend.
- Please allow plenty of time to get to the department as your radioactive tracer is specially ordered and scan times cannot normally be delayed.
- Please inform us when confirming if any of the following apply:
 - You have had recent chemotherapy within the last three weeks
 - You have had recent radiotherapy within the last three months
 - You have had recent surgery within the last three months
 - You have had a recent infection
 - You are pregnant, breast feeding, or have young children at home
 - You have had previous MRI or CT scans that you have found hard to tolerate or you are claustrophobic.
 - You are a diabetic.

Preparing for your scan

- Have nothing to eat for six hours prior to your appointment time. Check your appointment letter.
- You should drink plenty of plain water. Please avoid flavoured water.
- Take all prescribed medications on the day of your scan as usual, unless otherwise instructed on your appointment letter.
- Please leave all jewellery at home as we need to remove all metallic objects for the scan. We suggest wearing something loose and comfortable, a hospital gown will be provided for the scan.
- Please avoid strenuous exercise for 24 hours prior to your scan appointment, for example, running, cycling, horse riding, gym exercise.

- You do need to be able to lie flat for this scan. Please inform us if you do not think you can manage this.
- **If you are a diabetic please contact us for further information.**

What will happen on the day of the scan?

- This will depend on what type of scan you are having. Our staff will fully explain the procedure to you when you arrive for your appointment.
- A small needle will be inserted into a vein in your arm, hand or foot.
- A small amount of a radioactive tracer will be injected through this needle.
- You will then lie and relax quietly for 60 to 90 minutes before having the scan.
- You will be asked to empty your bladder just before the scan begins.
- We will then ask you to lie on your back on the scanner with your arms placed above your head.
- You may have another injection of a X-ray dye during the CT scan.
- Most scans last between 30 to 45 minutes. On occasion, we might repeat the scan again after a period of time, on the same day. Please check your appointment letter for information on this.
- You will be given some breathing instructions for the first part of the scan, after this you can just relax.

How long will I be in the department for?

- This will depend on what type of scan you are having but expect to be with us for between two and four hours. This includes explanation, preparation and scanning time.

What happens after my scan?

- You are free to go home
- You may eat and drink as normal
- Continue to drink plenty of fluids for the remainder of the day and empty your bladder regularly
- Please avoid close contact with pregnant women and young children for eight hours after your scan.

Can I bring someone with me?

- You can bring a relative or friend but they will have to wait in the waiting room. Space is limited so we ask that just one person accompany you if at all possible.
- Please do not bring children or pregnant friends or relatives with you.

What are the benefits?

- PET/CT combines two types of imaging in one scan.

- Your doctors get functional information from the PET scan as well as organ anatomy from the CT scan to check if your organs and tissues are functioning normally.

Are there any side effects or risks?

- The scan involves an injection of a small amount of a radioactive tracer which will remain in your body for a few hours.
- This study will give you a small amount of radiation and will normally not cause you any problems.
- Very rarely there may be bruising at the site of the injection.
- If you have the CT dye injection you may get a warm flush feeling during the injection.
- The main side effect people find is boredom during the relaxing stage!

When will I get my results?

- Your results will be sent to the doctor who requested your scan
- Results are usually with your doctor within a week or two
- If you have a further appointment with your doctor, please let us know the date when you attend for your scan.

Alternatives

- This scan forms part of a series of investigations your doctor will be undertaking. There is no equivalent scan to this study.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

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