

**PET/CT SCAN (FDG) Heart and Whole Body**

Dear

Your doctor has asked us to book a PET/CT scan at BMI Mount Alvernia Hospital in Guildford.

Your appointment will be on:

**Date –**

**Time –**

**If you are driving there are two carparks. Please try and park in the lower car park and let the car park attendant know that you have a PET/CT appointment.**

**Car parking is not guaranteed, so please allow enough time to park and be prepared to find parking elsewhere if required. There are several carparks locally. Alternatively get someone to drop you off.**

**If you have parked in the carpark, please wait in your car and ring 01483 442592 and staff will meet you. Please leave a message if staff do not pick up the phone.**

**If you have parked elsewhere, please register at imaging reception and we will collect you from there**

**Please wait in your car and ring 01483 442592 and staff will meet you. We ask you to please wear a mask**

Every effort will be made to keep to this time, but due to the nature of the investigations delays can occur for which we apologise in advance.

**If you are unable to keep your appointment, please inform us at least 72 hours in advance of your scan, as there will be a cancellation fee for any appointments missed. This is because we order midday the day before for the radioisotope. Please telephone, 01483 442696 or 01483 442592 so an alternative appointment can be arranged for you.**

**What is a PET/CT Scan (Positron Emission Tomography Computed Tomography)**

The scan uses X-ray technology together with a radioactive tracer to create a 3D picture of the inside of the body. The images taken produce a detailed picture of the internal anatomy and function. These images will allow your doctor to plan any treatment required more accurately.

Before the scan you will be given an injection (usually in the arm) of a low -dose radioactive form of sugar. This allows us to measure the activity of cells in different parts of the body.

After a rest period of about an hour, your scan is then carried out which is painless and usually takes about 30-45 minutes.

The whole procedure takes approximately 2.5 hours.

### **Preparation required for the PET/CT scan**

- The accuracy of this test is dependent upon you following a very strict diet for at least 24 hours. This diet must begin first thing in the morning, as soon as you wake up, the day prior to your scan. The only foods allowed are: Plain Meats, Eggs and Raw or Salted Nuts.
- Plain meats: Grill or cook your own beef, chicken or fish. Use only butter or oil to cook meat. Do not eat at a restaurant or go to a deli to get these meats. They must contain no added spices, no sugar, no breading etc. No processed meats such as bacon, hot dogs, deli meats, bologna, flavoured turkey or chicken, roast beef or anything that has to be sliced from a meat case. These can have added sugar or ingredients that can cause your test to be non-diagnostic (salt and pepper are permissible on meat).
- Eggs: Cook eggs in butter or oil only. Salt and Pepper are permissible on eggs.
- Raw or Salted Nuts: No flavoured nuts, such as smoked almonds, honey roasted peanuts, etc. Buy raw nuts or eat Planters Dry Roasted Peanuts. If it has a flavour, don't eat it.
- Beverages: Drink plain water, plain black or green tea or black coffee only (have tea and coffee in moderation). Add nothing to beverages. Do not drink water that has any type of flavouring. No added sweeteners. No sugar free sweeteners.
- No over the counter medications: Items such as cough Syrups, cough drops, etc. contain sugar and must be avoided.
- No gum, sweets, mints, etc.
- **You must be fasting 12 hours prior to the scan. Only plain water is permissible after 10:00pm the night before the test. Prescription medications may be taken.**
- **If you take medication for diabetes, you must speak with a member of the PET/CT department.**

### **Physical activity**

During the 24 hours before your appointment time, you should avoid strenuous physical activity e.g. horse riding or exercising in the gym.

### **Pregnancy or breast feeding**

If you are pregnant or think that you might be pregnant or you are breast feeding, please contact the department on **01483 442721**.

### **What should I wear?**

Please leave jewellery at home and wear comfortable clothes, socks and flat shoes. Please try not to wear clothes with metal zips or an under-wired bra. A tracksuit and trainers are ideal.

We may ask you to change into a gown.

### **What about my relatives or accompanying friends?**

Due to Covid'19 we ask you to not bring any relatives or friends with you, as we want less people coming to hospital. If in any case someone is accompanying you, please can they wait in car.

Also it is very important that you do not bring children or pregnant friends with you because the PET/CT scan uses radiation and children and pregnant women are particularly susceptible to radiation.

### **What should I bring with me to my appointment?**

Any medication that you would normally take during the day

A book or personal music/radio device

A warm jacket or fleece.

A packed meal and drink to have after the scan before you travel home.

### **Parking**

We have some reserved bays for PETCT patients please tell the car park attendant that you are coming for a PETCT scan and he will direct you where to park.

### **What happens on the day of your scan?**

You should arrive 30 minutes before your scan appointment time. **Please check in at**

**Outpatient registration and then come to Imaging Reception.** Do not go straight to the scanner.

**If you realise that you will be late or unable to attend the unit please contact the Imaging Reception on 01483 442721**

After you have been greeted at reception, a member of staff will explain the procedure.

Please feel free to ask any questions regarding the PET/CT scan at this point.

**A member of staff will take you to the PET unit.**

A member of staff will then take a short medical history from you to assist the doctor who reports the scan.

The Radiographer or Nuclear Medicine Technologist will then inject a small amount of a colourless liquid called <sup>18</sup>FDG (low-dose radioactive form of glucose) into a vein in your arm.

You will then rest for approximately one hour prior to your scan. The rest period is to allow the body time to take up the injection. During this rest period you will be asked not to move or talk, as this can affect the quality of the scan. Depending on the type of scan your doctor has requested, you may be able to read or listen to music during this period so please bring a book or personal music device with you.

You will then be asked to visit the toilet to empty your bladder before your scan. This is to ensure the bladder is empty and gives a good view of the pelvic region.

Following this you will be taken to the scanner for your scan, where you will be asked to lie flat and still on a narrow scanning table during the scan for approximately 30 minutes.

You will then be free to leave the PET/CT unit.

### **What do I do after the scan?**

It would be a good idea to eat and drink after your scan. You may want to bring a packed meal with you as we prefer you not to come back into the hospital.

You should continue to drink plenty of fluids for the remainder of the day.

