

Brain PET/CT

PATIENT INFORMATION

What is a PET/CT scan?

A PET/CT is a fusion of functional (PET) imaging combined with CT (anatomical) imaging. PET/CT provides quantitative metabolic information about the whole body and is most commonly used for oncology and dementia imaging.

What will happen during the examination?

On arrival you will have your blood sugar level checked and a plastic cannula placed into a vein in your arm. The PET/CT scan involves an injection of a radioactive tracer through the cannula.

After the injection, you will rest in a quiet room for about 1 hour before the scan. It takes this time for the tracer to accumulate in metabolically active areas and clear from the rest of the bloodstream. The injection has no side effects. You will not be able to watch TV or listen to music during this time.

The scan takes approximately 10-15 minutes. Your doctor may also request you to have a diagnostic CT, which is performed on the same camera. If your CT study requires contrast, this will be discussed with you before the scan.

Pregnant and/or breastfeeding

This examination is not suitable for pregnant women.

Breastfeeding mothers should contact our department before their appointment to discuss any specific preparation. You will need to express and discard milk but can resume feeding after your appointment.

After the examination

Our radiologist will review and report on your images and we will deliver them electronically to your doctor.

Please note: Important patient preparation over the page



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Preparation

The information below is relevant for most PET scans. However, if you are a diabetic, please refer to specific information later in this document.

- you will need to fast for 6 hours before your appointment - only **plain water** may be consumed during this time
- your blood sugar level must be below 11mmol/L - *diabetic patients please refer to the specific instructions below*
- it is important you are hydrated - please drink 3-4 glasses of **plain water** (warm if possible) before your appointment
- medications (excluding diabetic medications) may be taken as normal
- no strenuous exercise/movement in the 24 hours before the scan (including gym/weight lifting, gardening etc)
- no chewing gum or mints on the day of your scan
- you will be resting for 60 minutes in a quiet room after your injection
- wear warm, comfortable clothes with no metal
- if there is any chance that you are pregnant or breastfeeding, contact us before booking
- if you are claustrophobic, please advise staff when booking.
- if you require support, the accompanying person will need to be with you for the entirety of the procedure.

Additional preparation for diabetic patients

You will be required to monitor your blood sugar levels before eating in the 3 days prior to your appointment. If it is above 11mmol/L please call us to discuss.

Diet controlled/Type 2 diabetics

- Metformin may be taken as normal
- fast for 6 hours as per previous instructions (you will be given a morning appointment)

Insulin Controlled

- withhold for 6 hours prior to your scan



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