

PET/CT

PATIENT INFORMATION SHEET PET01

Your appointment:

Date:

Time:

Please note:

- > All PET scans are performed at our City West clinic, Level 3, 18 North Terrace, Adelaide
- > **FREE** patient parking is available on level 3 of 18A, the multi-storey car park directly behind our building (enter off Newmarket Street). Simply take a ticket at the boom gate
- > Please remember to bring your request form, Medicare and Health Care Cards and any relevant previous imaging

What is PET/CT?

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 45-60 minutes prior to 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.

Depending on the scan, we usually image from head to thighs, which takes approximately 15 minutes.

Depending on your history, 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 prior to the scan.

Pregnant and/or breastfeeding patients

This examination is not suitable for pregnant women.

Breastfeeding mothers should contact our department prior to 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.

For your convenience we generally deliver the images and report to your doctor.

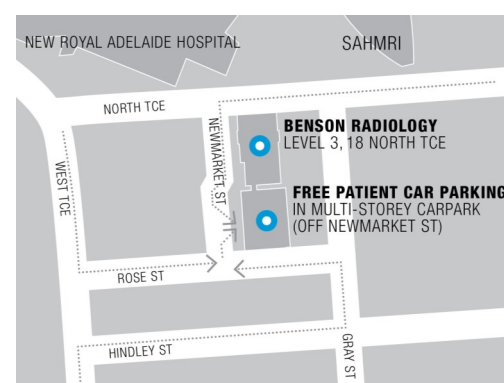
Location and car parking

Our PET scans are performed at our City West clinic, Level 3, 18 North Terrace, Adelaide.

We offer **FREE** parking on level 3 of the multi-storey car park directly behind our building.

The car park has direct access to our department. Simply take a ticket upon entry to the car park and our staff will validate your ticket prior to leaving our department.

Please see the map below for directions.



Benson
radiology

Experience Precision Care

Please note:
Important patient preparation
over the page

PET/CT

PATIENT INFORMATION SHEET PET 01



Patient preparation

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

- > you will need to fast for 6 hours prior to 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 specific instructions below*
- > it is important you are hydrated - please drink 3-4 glasses of plain water (warm if possible) prior to your appointment
- > medications (excluding diabetic medications) may be taken as normal
- > no strenuous exercise/movement in the 24hrs prior to the scan (including gym/weight lifting, gardening etc)
- > no chewing gum or mints on the day of your scan
- > you will be resting for 45-60 minutes in a quiet room after your injection; you may bring music with headphones to listen to, no books or magazines
- > wear warm, comfortable clothes with no metal
- > if there is any chance that you are pregnant or breastfeeding, please contact us prior to booking
- > if you are claustrophobic, please advise staff when booking.

Additional preparation for diabetic patients

Please contact our City West branch on 8115 9600 for instructions. You will be required to monitor your blood sugar levels prior to eating in the 3 days before your appointment. If it is above 11mmol/L please call us to discuss.

Diet controlled/Type 2 diabetics

- > fast for 6 hours as per previous instructions
- > metformin (and similar medications) may be taken as normal.

Insulin controlled

- > you will ideally be given a midday appointment
- > eat a light breakfast (for example, some juice and a piece of toast) early morning with normal medication and fast for 6 hours
- > **Insulin should be taken a minimum of 4 hours prior to your scan.**

Uncontrolled/long-acting insulin

- > you will ideally be given the first appointment of the day
- > fast overnight - do not take your insulin in the morning
- > bring your medication with you to have after your scan.

Preparation for PSMA scans

Patients having PSMA scans are not required to fast or manage blood sugar levels.

The below preparation applies.

- > it is important you are hydrated - please drink 3-4 glasses of plain water prior to your appointment
- > medications may be taken as normal
- > you will be resting for 45-60 minutes in a quiet room after your injection; you may bring music with headphones to listen to
- > wear warm, comfortable clothes with no metal
- > if you are claustrophobic, please advise staff when booking.