PET/CT

PATIENT INFORMATION SHEET PET01

Your appointment:

Date: .....

Time: .....

Location: .....

Please see our website for more clinic details.

PET scans are performed at our City West and Windsor Gardens clinics.

Free onsite parking is available at both locations.

Please remember to bring your request form, Medicare and Health Care Cards and any relevant imaging.

For more information regarding Benson Radiology please visit:

bensonradiology.com.au

What is a 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 20 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

The images will be reviewed and reported by our radiologist. These will then be sent to your referring clinician.

For details on reporting timeframes, please speak with our reception staff.

It is important that you follow up the results of your examination with your referring clinician.

Location and car parking

PET CT is available at our City West and Windsor Gardens clinics. Both clinics have free onsite patient car parking available.

Windsor Gardens patient parking is located out front of the 480 Specialist centre building.

For City west patients, free parking is available on level 3 of 18A (in the multistorey car park directly behind our building). Patients can take a ticket at the boom gate and simply present it to our staff for validation.



Please note: Important patient preparation over the page

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Patient preparation

The information below is relevant for most PET scans. However if you are a diabetic, 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/weightlifting, 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 or Windsor Gardens clinic 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

- fast for 6 hours as per previous instructions (you will be given a morning appointment).

Medication controlled

- when booking, please advise staff of the specific insulin or medication you are taking as there are different requirements for short, intermediate and long-acting formulas
- you will be given a specific booking time and preparation based on the medication you usually take.

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