



Are there any risks associated with PET/CT?

PET/CT is a non-invasive procedure.

To perform your PET scan we will give you a small amount of radiation, usually by injection. You will also have a CT scan. CT scanners use radiation to generate 3D “pictures” of the body. Radiation exposure may cause a small increased risk for cancer. After your scan you will still have radiation in your body from the PET injection. This will decay naturally over a short period of time: we ask that you restrict your contact with children or those who are pregnant for 6 hours after your scan. Discharge instructions will be provided as you leave the PETCT centre.

Consult your doctor if you have any additional questions or concerns, or telephone this department to speak with a member of the scanning team.

How long does this all take?

You should plan to spend two and a half hours with us.

What happens after the exam?

You may leave as soon as the scan is complete. Help yourself to the snacks and beverages provided. We recommend you drink lots of fluids to help flush any radiopharmaceutical that may still be in your system. A radiologist will read your scan and the results will be sent to your doctor within 48 hours.



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Your doctor has referred you for a PET/CT examination – A diagnostic procedure designed to reveal a wealth of information for you and your doctor. He or she will tell you as much as you'd like to know about this important technology. This brochure will help to answer some common questions about the PET/CT exam.

What is PET/CT?

PET stands for Positron Emission Tomography. CT (also known as a CAT scan) stands for Computerized Tomography. The PET scan alone measures cellular uptake of radioactive glucose. Abnormal cell uptake is a sign of disease. The CT scan alone is the best way to view the internal structure of the body to pinpoint accuracy.

The fusion of these two state-of-the-art techniques acquired in one 30 minute scan session creates a precise image of the localization and malignancy of abnormalities. These capabilities can provide information that enables your doctor to make an early diagnosis and possibly provide faster initiation of treatment while avoiding invasive exams or exploratory surgery.

Why am I having a PET/CT scan?

A PET/CT not only helps your doctor to diagnose your health problem and its extent, it also helps your doctor to decide upon the

various treatment options, pinpoint the best approach to treatment, and monitor your progress.

Is there any preparation on the day of the scan?

- Bring recent x-ray studies (such as CT or MRI scan) obtained outside this hospital for the radiologist to compare directly to your PET-CT scan.
- Do not eat or drink, except plain water for 6 hours before the scan.
- Diabetic patients will need to watch their diet and blood glucose closely for several days before the exam. It is important to keep sugar levels below 10 mmol / l
- No vigorous exercise or hard physical activity for 24 hours prior to your PET Scan appointment
- Allow 2-3 hours for the PET-CT procedure.

What can I expect once I get to the PET Scanning Department?

A radiographer and a nurse will greet you once you arrive and explain to you all the details regarding your examination.

After reviewing your history and any prior exam, an intravenous cannula will be inserted to enable the injections of the PET radiopharmaceutical and the CT contrast. You

will be brought to a quiet room to rest before the examination.

For the CT portion you'll be asked to drink approximately 1 litre of a flavored oral contrast drink. Shortly after you will receive a radiopharmaceutical injection for the PET portion of the test.

What will the scan be like?

You'll lie on a comfortable table that moves slowly through a ring-like PET/CT scanner. We'll ask you to lie very still to get the best possible picture.

The scan will be approximately 30 minutes and is completely non invasive.

What if I am claustrophobic?

If you have had difficulty with MRI scans and feel the PET-CT may cause anxiety, please ask your physician to advise you.

Claustrophobic patients may need to obtain a prescription from their physician before the appointment. If so, you will need to have a family member or friend accompany you to the appointment in order to drive you home after any sedative.