

Please inform a staff member if you:

- **Are pregnant or breastfeeding**
- Are claustrophobic
- Are diabetic
- Require the results sent by a specified time or method to your doctor

Additional Information

All tests have benefits and risks. There are no known side effects associated with the PET scan. While there is radiation involved, in a large majority the risk is small compared to the significant benefit to the management of your illness. If you have concerns regarding the amount of radiation please feel free to discuss this prior to the beginning of the test.

The radioactive glucose you are given remains in your body for a short time, and is cleared through normal bodily process.

In general there will be no restrictions to your daily routine after the PET scan.

However this may be varied for some patients. For example,

- Claustrophobic patients will require an escort home if sedation is used
- Diabetic patients may require medication adjustment

CT contrast is not used for PET scans at the Alfred.

Please Recycle



If you no longer require this pamphlet please return it to the pamphlet holder or place it in a recycle bin. Thank-you.

Please contact us if you are unable to attend the test or if you have any queries

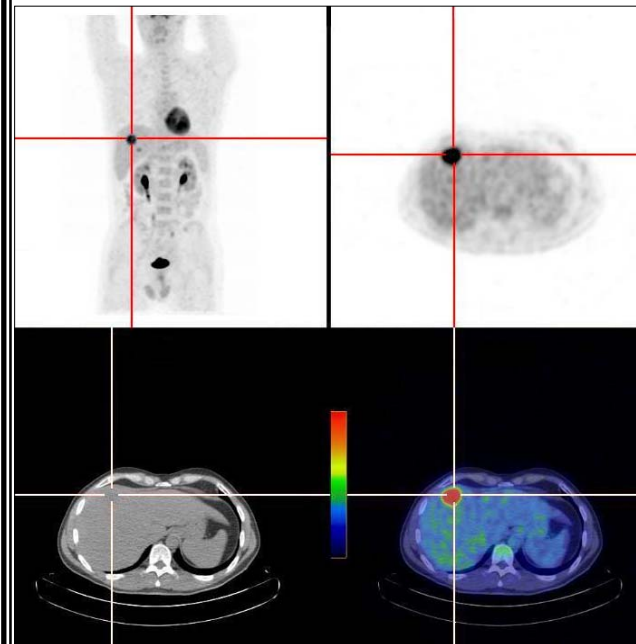
The Alfred Hospital
Nuclear Medicine Department

First Floor East Block
55 Commercial Road Melbourne VIC 3004

Phone: 03 9076 2432
Fax: 03 9076 2599
Web: www.alfred.org.au/nuclearmedicine

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 Nuclear
TheAlfred Medicine



PET SCAN

(Positron Emission Tomography)

Patient Information

PET SCAN

PET stands for Positron Emission Tomography and is a specialised branch of Nuclear Medicine which detects and measures glucose use (metabolism) within the body.

In cancers and certain diseases of the heart and brain the metabolism of glucose may be abnormal.

By injecting a small amount of radioactive glucose into a vein in your arm and using the PET scanner to take pictures we can assess the metabolic activity of these diseases within the body.

During PET scanning a form of CT is also performed. This CT uses a low-energy x-ray beam to image your body and helps determine the precise location of tissues that have abnormal glucose metabolism.

Patient Preparation

- **Fast from midnight the night before the test – you may drink water only**
If you have not fasted correctly your test will need to be rescheduled
- **We encourage you to drink at least 2-3 glasses of water prior to your scan so that you are well-hydrated**
- **It is helpful if you bring with you any letters from your doctor, and any previous CT scans, PET scans, x-rays or nuclear medicine scans and their reports.**

Test Duration

- **2 – 2 ½ hours**

How will we contact you about your PET scan?

You should receive a confirmation letter, or be contacted by telephone, outlining the preparation for the test.

What does a PET scan involve?

PART 1 - Uptake Phase

An intravenous cannula will be inserted into a vein in your arm to check your blood glucose level and to allow a small amount of radioactive glucose to be administered.

After this injection you will be required to lie still for at least 40 minutes to allow the glucose to distribute in your body.

It is very important that no movement or talking occurs during this time.

PART 2 - Scanning Phase

You will lie on your back on the scanning bed and be made as comfortable as possible. During the scan the bed will move back and forth through the PET scanner.

The radioactive glucose within your body releases energy which is detected by the scanner and displayed in the form of images.

The scan will take about 40 minutes.

To obtain the best quality scan it is important to remain still. Scans containing movement may need to be repeated.

PART 3

A Nuclear Medicine Specialist will interpret the images and send a report to your referring doctor that same day.

What does a PET Scan investigate?

Some of the more common indications for having this test are:

- Diagnosis, staging and restaging of some forms of cancer
- Monitoring response to cancer treatment
- Brain, heart and infection imaging

