



YOUR APPOINTMENT:

Date:
.....

Time:
.....

LOCATIONS:

Calvary Central Districts

RADIOLOGY SA NUCLEAR SPECIALISTS

- Dr Paula Averbuj
- Dr Ghee Chew
- Dr Bridgid Connolly
- Dr Robert Cooper
- Dr Esber El-Barhoun
- Dr Vivian Hall
- Dr Alex Pearce

NOTES:

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Patient Information Handout

Nuclear Medicine PET/CT Imaging

PET/CT imaging is performed at our Calvary Centrals Districts site in Elizabeth Vale. Free onsite parking is available to patients.

PET/CT scans we can perform include:

- F18 FDG
- F18 PSMA

Please carefully read the information below, which includes important preparation for your scan.

Please contact our booking team at 8402 0204 to make your appointment or to discuss any questions about your referral or scan.

WHAT IS A PET/CT SCAN?

PET stands for Positron Emission Tomography. This is a specialised Nuclear Medicine scan that involves an injection of a radioactive medication that will identify areas of disease in your body.

As part of the PET scan, a CT scan using a lower level of radiation than a standard CT is routinely added to improve the scan accuracy. You many need a separate CT scan with a standard radiation dose to assess your illness. If your doctor request this, it can be done as part of the PET scan saving you time. This latter type of CT often requires x-ray dye to be given, which will be discussed with you prior to the scan.

The small amount of radiation from the PET scan is considered very safe. There are no expected side effects and you will feel no different after the injection; it is safe to drive home afterwards.

There is usually strict preparation involved with the PET scan. Not following preparation can affect your scan result and may mean you need to be rescheduled. Please arrive prepared and on time. The radioactive medication is very costly and is not made on site. It is specially ordered for you and only lasts for a very short time. You should receive a confirmation call the day before your appointment to ask any questions. Please let us know if you are unwilling or unable to attend, otherwise the radioactive medication will be wasted if you do not proceed with the scan.





BOOKING YOUR APPOINTMENT

- We will need a copy of your referral to make your appointment; we are unable to make an appointment without the referral. Referrals can be faxed, emailed or you can bring the referral into our department.
- Once we receive your referral, one of our reception staff will contact you to make the appointment.
- This scan is not suitable for pregnant women. If you are breast feeding please discuss this when making your appointment. You need to avoid close contact with young children during, and for a short time after your appointment.
- Please discuss with us if you are claustrophobic. The PET/CT machine is very similar to a CT scanner; you will lie down on a bed and slowly pass through a short tunnel. If you require sedation (eg Valium) for the scan, please ensure that you are accompanied by a responsible adult who can take you home. Sedation will not be administered if there is no accompanying adult.
- Please inform us if you are diabetic. Specific preparation will be given by a technologist when confirming your appointment.

PREPARATION INSTRUCTIONS

F18 FDG

- You will be required to **fast from food for 6 hours** prior to your scan.
- **No chewing gum, breath mints or smoking 6 hours** prior to the scan.
- You will need to be **well hydrated** – you can drink **plain water ONLY** prior to the scan (at least 3 cups unless you have a medical condition that requires you to restrict your daily fluid intake). This helps with scan quality and with locating a vein.
- **Avoid all strenuous activity/exercise for 24 hours** prior to your scan (no housework, gardening, gym workouts).
- Please **wear comfortable and warm clothing**; avoid metal zips, buttons, and studs and leave all jewellery at home.
- If you are **diabetic**, specific instructions will be given when confirming your appointment.





PREPARATION INSTRUCTIONS

F18 PSMA

- This is a specific type of PET scan used to image prostate cancer.
- There is **no need to fast** for this scan, unless you are having a CT scan on the same day.
- Please arrive **well hydrated** (drink at least 3 cups of fluid unless you have a medical condition that requires you to restrict your daily fluid intake).
- Please wear **comfortable and warm clothing**; avoid metal zips, buttons, and studs and leave all jewellery at home.

WHAT CAN I EXPECT ON THE DAY OF MY SCAN?

- Arrive 15 mins prior to your scheduled time.
- Be prepared to be in the department for 2-3 hours.
- A technologist will explain the scan and ask a detailed medical history.
- We will place a plastic tube into a vein in your arm and check your blood sugar level.
- The radioactive medication is injected and then you will rest for 60 minutes in a quiet room. You will need to remain relaxed and limit all movement. No family can be present during this time. You can't read or use your mobile phone. If we are not imaging your brain you can listen to music.
- You will then be positioned on the PET/CT scanner where you lie on your back and need to hold very still. The scan takes about 30 minutes.
- Once the scan is finished you will be able to go home, the results are forwarded onto your doctor.

