

PET SCAN PATIENT INFORMATION

NAME: _____

APPOINTMENT: _____

What is PET scanning?

Positron Emission Tomography (PET) is an imaging technique using small amounts of radioactivity to help in the diagnosis of disease. Pharmaceuticals are introduced by injection into the body. A PET scanner is then used to produce an image showing the distribution of the pharmaceutical in the body.

Where is the PET centre?

The Macquarie Medical Imaging PET scanner is located in the Nuclear Medicine department of Macquarie Medical Imaging, on the ground floor of Macquarie University Hospital, 3 Technology Place, Macquarie University 2109, Ph: 9430 1100

Parking is available in the underground car park accessible via Research Park Drive.

Can I eat before my appointment?

Please fast for 6 hours prior to your appointment. It is important that you are well hydrated prior to your scan. We ask if you could please drink several cups of water before your appointment. We would prefer if someone could drive you to the appointment, although you will be able to drive yourself home. This is to keep you relaxed and rested for your scan.

If you are diabetic:

Please take half of your regular insulin dose and have a light breakfast (e.g. toast and tea/coffee) 4 hours prior to your appointment. Bring your medication with you. We will check your blood sugar level and monitor you throughout your scan.

Other Preparation Requirements?

Please refrain from any form of exercise for 72 hours prior to your scan.

Fasting is required for the scan this includes no food and no consumption of liquids such as tea, coffee or juice on the day of your scan. **WATER IS ALLOWED** please arrive well hydrated.

Please also refrain from chewing gum, mints and any other mouth lollies as they may contain sugar.

What should I bring with me on the day of the scan?

Please bring all previous X-rays, CT, MRI or bone scan films/reports on the day of your scan so the doctor may view them when reporting your PET scan. You may bring a CD/ iPOD to listen to during your scan. Please also bring a list of your current medications with you.

What will happen on the appointment day?

Please arrive **30 minutes prior to your appointment**.

A technologist will record your height, weight and blood sugar level. A cannula will be inserted into your arm, you will then be given a small injection of the isotope and then asked to rest quietly for 45 minutes before the scan is started. Once you are injected it is important that you remain relaxed and relatively still to allow for the injection to spread throughout your body. After a 45-minute resting period you will be asked to empty your bladder and change into a gown then scan will commence which will take approximately 30-40 minutes.

You will be made as comfortable as possible at the beginning of the procedure and staff will be in attendance at all times to monitor your needs.

How long will the scan take?

It is necessary to allow around 3 hours when attending your PET appointment.

What are the risks?

The amount of radioactivity used is very small. The pharmaceuticals used in PET are substances found naturally in the body and are administered in minute quantities. There are no known side effects associated with their use. You will be able to drive home.

If there is the chance that you may be pregnant or you are breastfeeding, please bring this to the attention of the staff before the day of the test.

What should I do following the test?

We ask that you:

1. Keep yourself well hydrated for the next 24 hours. A substantial amount of the injection will pass out through your urine.
2. Keep your distance from pregnant woman or children.
3. If you are seeing your doctor or any other health professional immediately after your scan please notify them that you are still a source of radiation.
4. We ask that you do not schedule any other appointments for yourself for the rest of the day.

What about my PET results?

Your referring doctor can receive a copy of the report of your scan by EDI or fax and the images can be viewed by secure internet login. The report will be electronically sent to your doctor. The images and hard copy of report are available for your collection on the next working day.

Alternative delivery arrangements are available for country/rural, and interstate patients.

Confirming your appointment?

Please call our reception desk 2 days before your appointment to confirm your appointment details.

Important Note:

Cancellation of Appointment by Patient:

*The FDG injection used in a PET procedure is expensive and limited. Cancellation of the PET procedure **without a full 24 hour notice by the patient will incur a minimum cost of \$400 to cover costs.***

Should you need to cancel your appointment please ring on 02 9430 1100. In the event of after-hours cancellation please email enquiries@mqmi.com.au

Cancellation of Appointment by MMI:

Due to the complex nature of the procedure unforeseen delays and even cancellation can occur. MMI will endeavour to keep you informed at all times.

If you require any further information please do not hesitate to contact us on Ph: 02 9430 1100 or visit our website at www.mqmi.com.au.