Circle Health Group

Mount Alvernia Hospital

PET/CT SCAN (FDG)

Dear

Your doctor has asked us to book a PET/CT scan at BMI Mount Alvernia Hospital in Guildford. Your appointment will be on:

Date:
Time:

If you are driving there are two carparks. Please try and park in the lower car park and let the car park attendant know that you have a PET/CT appointment.

Car parking is not guaranteed, so please allow enough time to park and be prepared to find parking elsewhere if required. There are several carparks locally. Alternatively get someone to drop you off.

If you have parked in the carpark, please wait in your car and ring 01483 442592 and staff will meet you. Please leave a message if staff do not pick up the phone.

If you have parked elsewhere, please register at imaging reception and we will collect you from there

Every effort will be made to keep to this time, but due to the nature of the investigations delays can occur for which we apologise in advance.

If you are unable to keep your appointment, please inform us at least 3 working days in advance of your scan, as there will be a cancellation fee of £295.00 which covers the cost of the FDG injection for any appointments missed. This is because we order midday the day before for the radioisotope. Please telephone, 01483 442696 or 01483 442592 so an alternative appointment can be arranged for you.

What is a PET/CT Scan (Positron Emission Tomography Computed Tomography)

The scan uses X-ray technology together with a radioactive tracer to create a 3D picture of the inside of the body. The images taken produce a detailed picture of the internal anatomy and function. These images will allow your doctor to plan any treatment required more accurately.

Before the scan you will be given an injection (usually in the arm) of a low -dose radioactive form of sugar. This allows us to measure the activity of cells in different parts of the body.

After a rest period of about an hour, your scan is then carried out which is painless and usually takes about 30-45 minutes.

The whole procedure takes approximately 2.5 hours.

Preparation required for the PET/CT scan

- You must not eat anything for the 6 hours before the scan appointment time.
- Please do not have any mints, sweets or chewing gum for 6 hours before your appointment time or during your appointment.
- You must also not drink any meal supplements, liquid food (such as Ensure, Fortisip) tea or coffee, flavoured water or squash during the 6 hours before your appointment time.
- You must drink plenty of plain water.
- You must continue to take your usual medication, with the exception of diabetes medication if you are diabetic (see below).

Diabetic patients

If you are diabetic you should take your usual diabetes medication 4 hours before the scan appointment time together with your usual breakfast and then take no more diabetes medication or food.

If you are diabetic you must take food and drink with you in case you have a “hypo” and to eat before you leave the hospital to travel home.

Physical activity

During the 24 hours before your appointment time, you should avoid strenuous physical activity e.g. horse riding or exercising in the gym.

Pregnancy or breast feeding

If you are pregnant or think that you might be pregnant or you are breast feeding, please contact the department on **01483 442592.**

What should I wear?

Please leave jewellery at home and wear comfortable clothes, socks and flat shoes. Please try not to wear clothes with metal zips or an under-wired bra. A tracksuit and trainers are ideal. Some patients feel cold on the units even on a warm day, so please bring additional warm clothes, such as a fleece or a jacket.
You will not normally change into a gown for the scan so will be scanned in your own clothes. Female patients will be asked to remove an under- wired bra just prior to scan.

What about my relatives or accompanying friends?

Due to Covid’19 we ask you to not bring any relatives or friends with you, as we want less people coming to hospital. If in any case someone is accompanying you, please can they wait in car.

Also it is very important that you do not bring children or pregnant friends with you because the PET/CT scan uses radiation and children and pregnant women are particularly susceptible to radiation.

What should I bring with me to my appointment?

Any medication that you would normally take during the day

A book or personal music/radio device

A warm jacket or fleece.

A packed meal and drink to have after the scan before you travel home.

What happens on the day of your scan?

You should arrive 30 minutes before your scan appointment time. **Please check in at**

Outpatient registration and then come to Imaging Reception or if you have parked at Mount Alvernia ring 01483 442592 and stay in your car until a staff member comes out to you. Do not go straight to the scanner.

If you realise that you will be late or unable to attend the unit please contact the PET unit on 01483 442592.

A member of staff will explain the procedure.

Please feel free to ask any questions regarding the PET/CT scan at this point.

A member of staff will take you to the PET unit.

A member of staff will then take a short medical history from you to assist the doctor who reports the scan.

The Radiographer or Nuclear Medicine Technologist will then inject a small amount of a colourless liquid called ^{18}FDG (low-dose radioactive form of glucose) into a vein in your arm.

You will then rest for approximately one hour prior to your scan. The rest period is to allow the body time to take up the injection. During this rest period you will asked not to move or talk, as this can affect the quality of the scan. Depending on the type of scan your doctor has requested, you may be able to read or listen to music during this period so please bring a book or personal music device with you.

You will then be asked to visit the toilet to empty your bladder before your scan. This is to ensure the bladder is empty and gives a good view of the pelvic region.
Following this you will be taken to the scanner for your scan, where you will be asked to lie flat and still on a narrow scanning table during the scan for approximately 30 minutes.

You will then be free to leave the PET/CT unit.

What do I do after the scan?

It would be a good idea to eat and drink after your scan. You may want to bring a packed meal with you as we prefer you not to come back into the hospital.

You should continue to drink plenty of fluids for the remainder of the day.

We recommend that you avoid close contact with children and pregnant women for at least 6 hours after your scan.

How do I get my results?

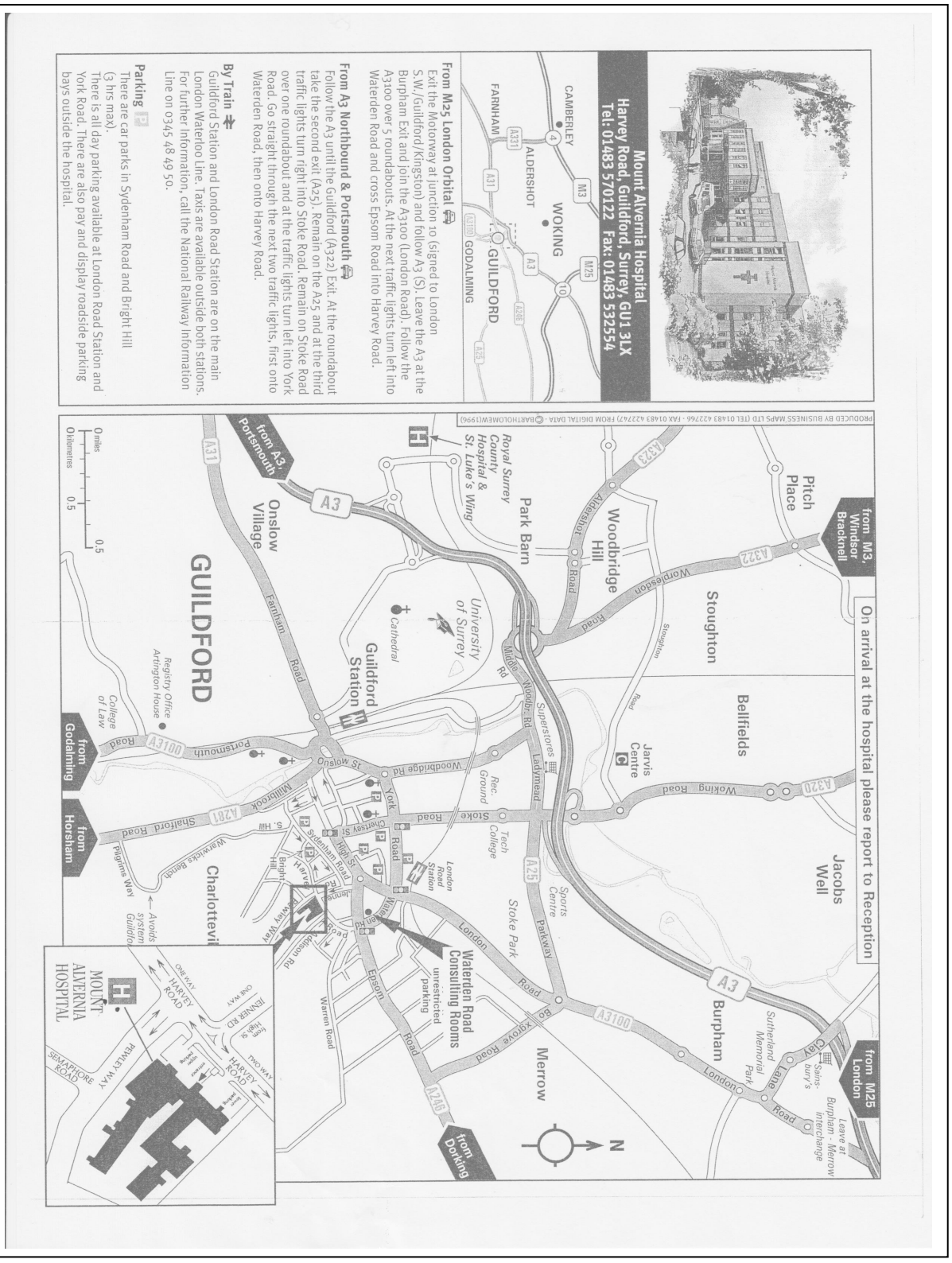
The staff on the PET/CT unit cannot discuss the results of your scan with you.

The scan is usually reviewed within a few days and the report will be sent to the doctor who referred you for the PET/CT scan. Once the results have been discussed with the hospital team caring for you the results will be explained to you.

How much radiation do I receive from the scan?

The scan and injection will give you the equivalent to a period of a few years' natural background radiation. The injected radiation decays in the first 6 hours after the scan.

Service Provision

The PET CT service is owned by a Joint venture between BMI Imaging Clinic Ltd and a group of Consultants. The Consultants are: Dr Tony Dhilon, Dr Veni Ezhill, Dr Sharadah Essapen, Dr Robert Laing, Professor Stephen Langley, Dr Julian Money-Kyrle, Dr Anthony Neal, Professor Hardev Pandha, Dr Alexandra Stewart , Dr Katie Wood and Dr Stephen Whittaker.

For further information please contact us in the PET unit on 01483 442592