

Positron Emission Tomography (P.E.T.) Patient Information

Your P.E.T. Scan appointment has been arranged for:

DATE...../...../.....

TIME.....

(Time to be advised on day before appointment)

At : Southern X-Ray Clinics
Level 2 Day Centre
The Wesley Hospital

Please advise this office ASAP if:

- This appointment is no longer suitable for you
- You have not advised us that you are a diabetic & require therapy (diet, insulin or medication)
- You are pregnant or suspect you may be pregnant
- You have a medical condition which would make it difficult for you to lie on your back with your arms extended above your head for an extended period of time.

IT IS VERY IMPORTANT THAT YOU BRING ANY PREVIOUS X-RAYS OR SCANS TO YOUR APPOINTMENT

PREPARATION

- **PRIOR TO THE DAY OF THE PROCEDURE:** Eat and Drink as usual
- **6 hours prior to your arrival time, NO FOOD AT ALL IS TO BE CONSUMED.** Only water or black sugarless tea/coffee may be consumed.

You may be able to have a light sugar free breakfast if your scan is scheduled for the afternoon.
Scan times will generally be notified on the afternoon prior & appropriate instructions given.

COST

Most P.E.T. scans are eligible for claim through Medicare, Private Health Funds or Dept of Veterans Affairs. With scans that are eligible for a rebate, there is a possibility of out of pocket expense of between \$40 to \$56. Eligibility depends on clinical history supplied by your referring specialist to the satisfaction of the Health Insurance Commission, and this information fitting the criteria set down by the HIC.

If your scan is considered ineligible for a claim, the cost of this scan will be between \$450 to \$800, depending on the type of examination.



Our administrative staff will discuss eligibility with you prior to your examination.

POSSIBLE PROBLEMS

As the pharmaceutical used in the examination is complex to manufacture and is active for only a very short time, production problems sometimes can mean the possibility of last minute rebooking.

WHAT IS A P.E.T. SCAN?

P.E.T. (Positron Emission Tomography) is a relatively new scanning technique. It is a non-invasive imaging procedure that shows metabolism within body tissue.

HOW DOES A P.E.T. SCANNER WORK?

Many tissues in your body take up glucose. Your blood glucose levels are kept low before your P.E.T. scan, and are supplemented with a small injection of radioactive glucose called FDG. The radioactive glucose is taken up by your tissues and the P.E.T. scanner detects the radioactivity that is released. It uses it to create pictures or images which provide information about the metabolism of that organ. P.E.T. is very sensitive and can detect the early stages of some diseases. It can detect when things are not normal even if there have not been any changes in the structure of the tissue. If small amounts of abnormal tissue are detected, this can have a big influence on the choice of treatment.

ARE THERE ANY RISKS WITH P.E.T. SCANS?

The scan involves a small amount of radiation but it has not been known to cause adverse reactions. However, diabetic patients need to have individual management because of the need to fast and keep blood glucose and insulin levels low for the scan to work.

WHAT HAPPENS DURING THE SCAN?

The scan is done in the Nuclear Medicine Department at the Wesley Hospital. The scanner is a large ring with a sliding table in the centre.

The technician will arrange your pillows and make sure you have enough padding for comfort. The sliding table is then moved into the circular opening. Some people will require mild sedation for relaxation of neck muscles or claustrophobia.

To help you relax, we encourage you to bring in your favourite music CD.

IS THERE ANY SPECIAL PREPARATION REQUIRED?

You will need to fast for all P.E.T. studies. The FDG uptake is affected by the amount of sugar in your blood. To get the best results from your scan, it is important to comply with the instructions given to you when you book in for your scan. Heart scans need special preparation. You will be told what to do when you book your scan.

WILL I NEED AN INJECTION OR HAVE TO DRINK OR EAT ANYTHING DURING THE SCAN?

Brain or Body scans: Before the scan, you will have an injection in your arm with the radioactive glucose tracer (FDG).

Heart scan: While you are getting ready for the scan, you will have a drip put into your hand/arm. This will help control your blood glucose levels. It is also used to introduce the radioactive glucose tracer (FDG).

If you feel incontinence may be a problem during the scan time, it may be necessary to insert a catheter into the bladder prior to commencing the scan.

WHAT HAPPENS BETWEEN THE INJECTION AND THE SCAN?

There will be a wait of approximately an hour – although this time is modified for the individual height, weight and build. In this time you will be required to lie down and relax, because muscle activity at this time can affect the scans.

HOW LONG DOES THE SCAN TAKE?

Most patients spend around 3 hours in the Nuclear Medicine Department at Southern X-Ray Clinics in the Wesley Hospital. The exact time required depends on the purpose and type of study. The actual time taken to image on the P.E.T. scanner is around one hour, again dependent on the purpose and type of study.

