

# What to expect from an FDG PET-CT scan

The information listed below is only a guide; you will be advised of specific details when making your appointment.

PET (Positron Emission Tomography) is an imaging procedure showing the function of an organ or tissue, rather than its structure. A CT scan provides images of the anatomy and detects changes in the structure of organs or tissues. The functional PET images are then fused with the anatomical CT images, after which the scan is called a PET-CT scan.

## Prior to your appointment

1. Delays and cancellations outside of our control sometimes occur, as we rely on the delivery of isotopes from Wellington or outside of New Zealand. We will endeavour to keep you informed of any delays, so please ensure that we have a contact number for you on the day of your scan. Mobile Imaging is not liable for any costs incurred as a result of such delays.
2. Please confirm your appointment two days prior by calling us on 0800 001 185. If you cancel an appointment with less than 48 hours notice or fail to attend, you may be charged a fee.
3. If your doctor decides your scan is no longer required, please cancel the scan with us directly within the notice period above.
4. Continue to take all prescribed medication as usual, unless you are a diabetic. Diabetic patients must contact us to discuss the type of medication they are taking - separate preparation instructions are given to diabetic patients.
5. Please contact us prior to your appointment if you think you might be pregnant, are pregnant or are breastfeeding. Specific preparation instructions will be given for lactating mothers.
6. Do not participate in any strenuous exercise for a minimum of 24 hours prior to your appointment (including running, gym, resistance training, competitive sports and swimming). Only minimal walking please.
7. Do not smoke or vape for 24 hours prior to your appointment and on the day of your scan.
8. If you think you may require a sedative to cope with the scan it is important you let us know ahead of your appointment. We are unable to administer sedation on the mobile PETCT. However, we can work with you and your doctor on how to best proceed.

## On the day

1. Do not eat or drink for four hours prior to your appointment, with the exception of water. If you are able to eat breakfast prior to your scan, it must be sugar-free. Do not have fruit, fruit juice, cereal or jam. You may have savoury foods like poached eggs on toast with cheese or vegemite/marmite and tea and coffee (no sugar).
2. Wear loose, comfortable, warm clothing and socks to your appointment. Please avoid wearing clothes with zippers, buttons or items with metal fasteners or accessories. You will be resting for up to one hour before your scan, so it is important you are comfortable, relaxed and warm. You may be asked to change into a hospital gown prior to your scan. You will be asked to remove metal objects, such as earrings, watches, hairclips and other jewellery from your person as these items can cause artefacts on the images.

## On arrival

1. You should allow up to three hours for this appointment.
2. Make sure you arrive 30 minutes prior to your scheduled appointment time.
3. You will be given intravenous contrast during your examination. If you have an allergy to contrast, please let us know prior to your appointment.

## After procedure

1. After the scan, you can resume normal activities.
2. Be prepared to minimise contact with young children and pregnant women for 5 hours after your scan. A safe distance is 1 metre away from others for the duration of the 5-hour period.
3. A report will be sent to your doctor as soon as possible.

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If you have any questions regarding your PET-CT appointment, please do not hesitate to call us on 0800 001 185. We look forward to seeing you.