

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.

A PET-CT scan is a combined imaging test that gives your doctors important information about what is happening inside your body. The PET (Positron Emission Tomography) scan uses a small amount of a radioactive sugar to show how active the cells in your body are, while the CT (Computed Tomography) scan shows detailed images of your anatomy. These images are combined to give your care team information about many conditions, helping them make informed decisions about your care.

Prior to your appointment

1. Continue to take all prescribed medication as usual, unless you are a diabetic.
 - Separate preparation instructions are given to diabetic patients.
2. No strenuous exercise 24 hours prior to your appointment (including running, gym, resistance training, competitive sports and swimming). Keep walking to a minimum.
3. Do not smoke or vape for 24 hours prior to your appointment.
4. Stay warm for 24 hours prior to your appointment.

On the day

1. **Do not eat for 4 hours prior to your appointment.** You may drink plain water only up to, and during your appointment.
2. If you are able to eat prior to your scan, it must be sugar-free.
 - Do not have fruit, fruit juice, cereal, jam, yoghurts, soft drinks.
 - You may have savoury foods like: poached eggs on toast with cheese or vegemite/marmite, tea and coffee are ok before 4 hours (no sugar or milk).
3. Wear comfortable, loose, warm clothing to your appointment.

On arrival

1. Allow up to 3 hours for this appointment. The scan itself is only 15-30 minutes of this total appointment time.
2. Once you are here, you will be asked to complete a medical history form (even if you have been scanned with us before). **Please arrive 15 minutes prior to your scheduled appointment time.**
3. A Nuclear Medicine Technologist will explain the scan to you in detail. This is a great opportunity to ask any questions you have.
4. 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.
5. You will be resting for up to one hour before your scan, so it is important you are comfortable, relaxed and warm.
6. You do need to be able to lie flat for this scan. If this may be difficult, or if you think you may be claustrophobic, please let us know prior to your appointment.
7. You may be given intravenous CT contrast during your examination. If you have any reactions to contrast in the past, please let us know prior to your appointment.

If you have any questions regarding your PET-CT appointment, **please do not hesitate to call us on 09 623 5862.**

We look forward to seeing you.

Travel and cancellations

1. If you are travelling by air, please ensure you book refundable and insured tickets. Book your return travel for the next day and arrange to stay in Auckland overnight.
2. Delays and cancellations outside of our control sometimes occur, as we rely on the delivery of isotopes from outside of Auckland and sometimes from outside of New Zealand. We will endeavour to keep you informed as to any delays, so please ensure that we have a contact number for you on the day of your scan.
3. Allevia Radiology is not liable for any costs incurred as a result of these delays.
4. **Please confirm your appointment 2 days prior, by calling us on 09 623 5862.** If you cancel an appointment with less than 48 hours notice, or fail to attend, you may be charged a fee.
5. If your doctor decides your scan is no longer required, please cancel the scan with us directly within the notice period above.

Pregnancy and claustrophobia

Please contact us prior to your appointment if you are pregnant, might be pregnant or are currently breastfeeding. Specific preparation instructions will be given to you at the time of booking your scan or your scan may have to be rescheduled.

Sedation is not available at all locations. If you think you may require a sedative to complete the scan, it is important to let us know ahead of your appointment. If we administer a sedative, you will not be able to drive a vehicle afterwards and you must arrange a support person to accompany you home. Specific preparation instructions will be given to you at the time of booking your scan.

After procedure

1. You can resume normal activities including exercise and your regular diet.
2. It is perfectly safe for you to be in the general public however, be prepared to minimise close contact with young children and pregnant women for 5 hours after your scan. Where possible, maintain a 2 metre distance.
3. A report will be sent to your doctor within a few business days. If your results are required urgently, or you have an appointment straight after your scan please alert our team so we can arrange to have your results available.

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