

What to expect from a paediatric general anaesthetic 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.

General anaesthesia

PET-CT scans require children to lie very still for a period of time. If this would be challenging for your child, general anaesthetic may be recommended so they can sleep comfortably while the scan is performed. This also makes placing any required IV lines easier and less distressing. For these appointments, a specialist anaesthetic team from Starship Hospital works alongside the Allevia team to care for your child.

These scans are booked first thing in the morning to make dietary restrictions easier to follow and are only scheduled on Fridays. If the options given to you at the time of the booking are not suitable, we will endeavour to find other arrangements.

Prior to your appointment

1. Continue to take all prescribed medication as usual.
2. It can be hard to keep little ones still, but try to avoid too much physical activity the day before (no competitive sports, swimming, bike riding etc.). Keep walking and physical play as light as possible.
3. Keep warm for 24 hours prior to the appointment.

On the day

Because these are scheduled for early morning, fasting overnight is generally enough. If there are multiple patients needing GA scans, the appointment may be later in the morning.

1. **No food 6 hours before the appointment.** Small sips of water are ok up to 4 hours before the appointment.
2. If there is time to eat before the scan, it must be sugar-free.
 - No fruit, juice, cereal, jam, yoghurts, soft drinks.
 - Savoury foods are ok: eggs, cheese, toast with vegemite/marmite, crackers.
 - Small amounts of milk are ok up to 4 hours before the appointment.
3. Wear loose, warm clothing with no buttons, zippers, metal to the 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.

On arrival

1. Allow up to 3 hours for this appointment.
2. **Please arrive 15 minutes prior to the scheduled appointment time** to fill out a medical history form.
3. A Nuclear Medicine Technologist will explain the scan in detail. An Anaesthesiologist from Starship will also explain the sedation process. This is a great opportunity to ask any questions you have.
4. Depending on the scan and the child, the sedation period may be short (15-30 minutes) or up to 75 minutes. Once the sedation period has started, you may be asked to leave the clinical space. You may stay in the waiting room and there will be light refreshments for waiting family.
5. As well as the radioactive tracer, the scan may require an intravenous CT contrast injection. If your child has had any reactions to medications or injections, please let us know prior to your appointment.

Travel and cancellations

1. 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 about any delays, so please ensure that we have a contact number for you on the day of your scan.
2. Allevia Radiology is not liable for any costs incurred as a result of these delays.
3. **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.
4. If your doctor decides your scan is no longer required, please cancel the scan with us directly within the notice period above.

After procedure

1. Normal activities can be resumed including exercise and regular diet.
2. It is perfectly safe for your child to be in the general public.
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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