



PET/CT Scan

Patient Information

PET/CT Department - Cobalt Imaging Centre

www.cobalthhealth.co.uk

Registered Charity No: 1090790



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Medical Charity

Diagnosis • Research • Education



This leaflet aims to answer questions about having a PET/CT scan

What is a PET/CT scan?

PET/CT (Positron Emission Tomography and Computerised Tomography) combines the information from a PET scan and a CT scan into one single examination. This allows us to see how well the organs in your body are working.

The PET scan finds increased activity in cells in your body and the CT provides information about the structure of your body. PET/CT is a painless scanning method.

Why should I have a PET/CT scan?

PET/CT scans provide information that helps doctors diagnose or assess your condition and plan appropriate treatment if needed. Your doctor has decided a PET/CT scan is the best option for you.

How do I prepare for the scan?

When you arrive for your appointment you will receive an injection of radioactive sugar. This behaves in a similar way



to ordinary sugar in the body. Radioactive sugar has no side effects.

The accuracy of the PET/CT scan depends on your body's metabolic activity. Please note that it is extremely important to follow the instructions below which will enable us to capture the very best images for your doctor:

- Try to drink plenty of water, unless you are on fluid restrictions.

- **Don't eat or drink anything (except water) for at least six hours before your scan. This includes chewing gum, nicotine gum, mints and cough drops.**
- **For brain scans please do not eat or drink anything (except water) for three hours.**
- If you have a feeding tube, don't have anything (except water) through it for six hours before your appointment.
- Make arrangements to arrive in plenty of time for your



appointment as the radioactive sugar you will be given is ordered specifically for you and only works for a short time.

- Avoid any strenuous activity (for example aerobics or running) for at least 24 hours before the scan.
- If you suffer with claustrophobia, please let us know. We can arrange for you to come and see the scanner prior to your appointment if you feel this will help.

What happens when I arrive for my scan?

One of our PET/CT team will meet you and help you to prepare for your scan. We will complete a safety checklist with you and will be happy to answer any questions that you may have. You will be asked to sign a consent form before your scan.

What should I wear?

If possible please wear clothes which do not contain any large metal fastenings, for example zips, large buttons or underwired bras. If you do not have anything suitable we will provide you with special loose fitting clothes to wear.

What happens during the PET/CT scan appointment?

After you have received your injection of radioactive sugar, you will need to sit and relax quietly on a reclining chair for up to 1½ hours after the injection. You are welcome to bring something to do, for example a book to read or a tablet device

to watch. For brain scans you will be asked to relax quietly for 30 minutes, to enable us to get the best images of your brain, you will not be allowed to watch TV or look at your phone during this time.

You will then have the scan. You will need to lie on your back with a cushion provided under your knees. If you think you will have problems doing this, please tell a member of Cobalt staff when you arrive.

How long will it take?

Depending on the type of scan you are having you will need to allow at least 1½ to 2 hours for the appointment, or 1 to 1½ hours for brain scans. This includes scanning and preparation time.

If you would like to bring a friend or relative with you, they may wait in reception. **Please do not bring children to the department.**

What happens after my appointment?

You can go home and you will be able to eat and drink straight after your appointment. Please avoid close contact with pregnant people and children under the age of 18 for up to 6 hours.

Results

It will take up to 5 working days to send the results to your doctor. If you have an appointment sooner, please let us know when arranging your appointment with us.

We are here to help

If you have any fears or doubts, don't hesitate to talk to one of our staff. If you would like to visit the department before your scan to have a look around, please contact us.

More information can also be found on the patient pages of our website at www.cobalthhealth.co.uk

About Us

Our vision is to pioneer innovation in medical imaging diagnosis by investing in equipment, integrated research and education, to improve outcomes for patients now and in the future.

Our imaging service has been scanning patients since 1993. We were the first imaging service in the UK to meet The Quality Standard for Imaging (QSI) formerly known as ISAS and we have achieved the ISO 9001:2015 Quality Standard, these show that we have the ability to provide a high quality, safe service that is focused around patients.

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We review our patient leaflets for accuracy
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