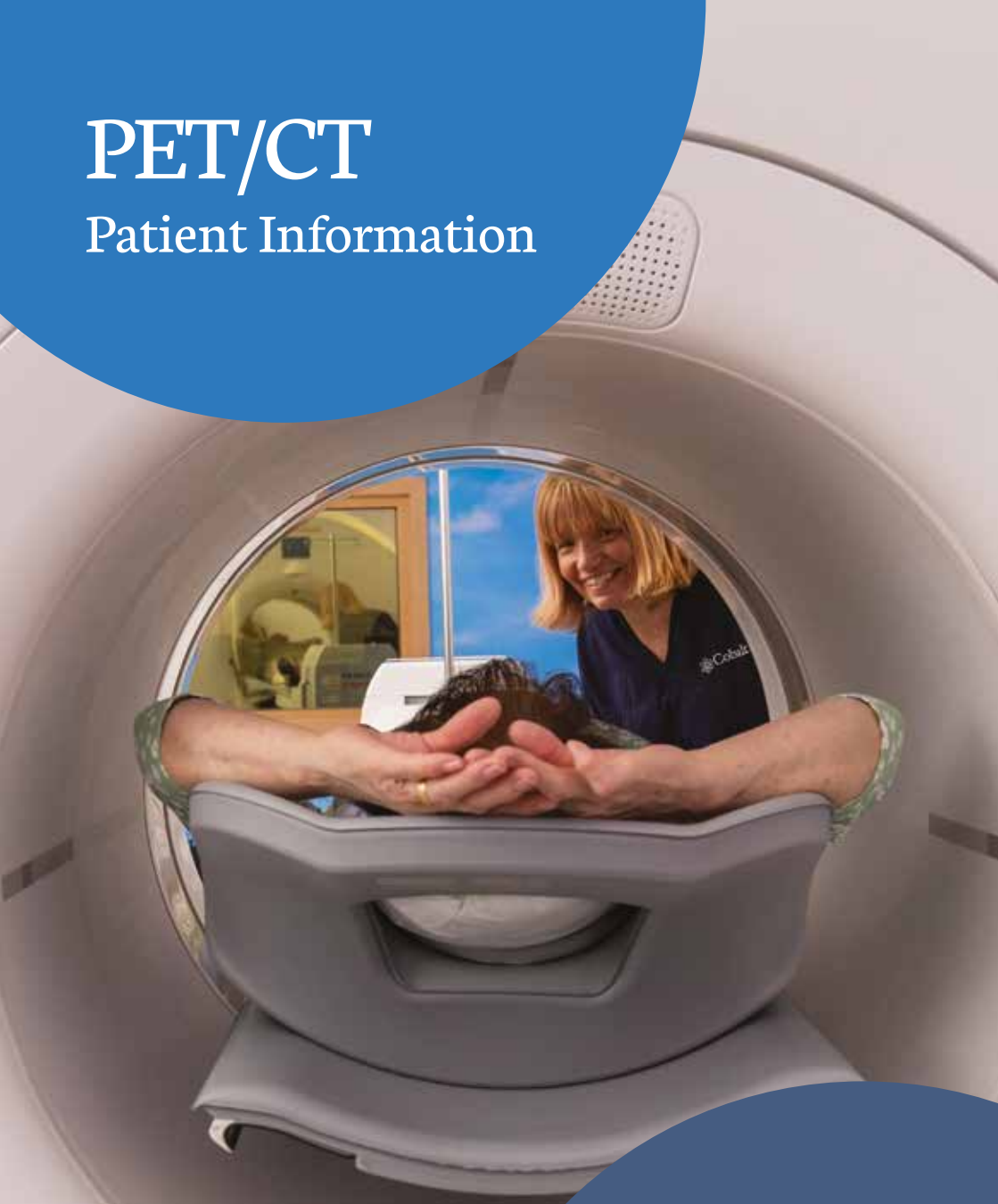


PET/CT

Patient Information



www.cobalthealth.co.uk
01242 535900

Registered Charity No: 1090790



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This leaflet aims to answer questions about having an PET/CT

What is a PET/CT scan?

PET/CT (Positron Emission Tomography and Computed Tomography) combines a PET scan and a CT scan into a single examination. This provides detailed information about both how your body is working and its structure. The PET scan shows areas of increased metabolic activity within the body, while the CT scan provides detailed images of your body's anatomy. Together, these images help diagnose, assess and monitor a range of medical conditions.

A PET/CT scan is a safe, painless and non-invasive imaging test.

Why do I need a PET/CT scan?

Your healthcare professional has recommended a PET/CT scan because it is the most appropriate imaging test to help diagnose or assess your condition.

The detailed images produced during the scan help your healthcare professional make an accurate diagnosis, monitor your condition and, if needed, plan the most appropriate treatment.



How do I prepare for my scan?

The accuracy of your PET/CT scan depends on your body's metabolic activity, so it is important to follow these instructions carefully.

- Drink plenty of water before your appointment, unless you have been advised to restrict your fluid intake.
- Do not eat or drink anything except water for at least 6 hours before your scan, unless you have been advised otherwise. This includes chewing gum, nicotine gum, mints and cough sweets.
- For brain scans only, do not eat or drink anything except water for 3 hours before your appointment,

unless you have been advised otherwise.

- If you have a feeding tube, do not have anything except water through it for 6 hours before your appointment.
- Avoid all exercise for 24 hours before your scan.
- Please arrive on time, as the radioactive tracer is prepared specifically for your appointment and has a limited lifespan.
- If you suffer from claustrophobia, please let us know before your appointment. We can arrange for you to visit the scanner beforehand if this would help.

What happens when I arrive for my PET/CT scan?

A member of our PET/CT team will welcome you when you arrive and help you prepare for your scan. Before your scan, we will complete a safety checklist with you and answer any questions you may have.

You will then receive a small injection of a radioactive tracer, which behaves in a similar way to glucose (sugar) in the body and has no known side effects. You will be asked to rest quietly while the tracer is absorbed before your scan begins.

If required, you will be asked to provide your consent before the 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 appointment?

After your injection, you will relax quietly in a reclining chair for up to 1½ hours while the radioactive tracer is absorbed by your body. You are welcome to bring a book or tablet to help pass the time.

For brain scans, you will be asked to rest quietly for 30 minutes before your scan. During this time, you should not watch television or use your phone, as this helps us obtain the best possible images.

When it is time for your scan, you will be asked to lie on your back on the scanning couch with a cushion under your knees for comfort. If you think you may have difficulty lying in this position, please let a member of our team know when you arrive.

How long will my appointment take?

Depending on the type of PET/CT scan you are having, your appointment will usually take between 1½ and 2 hours, including preparation time and the scan itself.

What happens after my appointment?

After your PET/CT scan, you can go home and eat and drink as normal. As a precaution, please avoid close contact with pregnant people and children under the age of 18 for 6 hours after your appointment.

For your comfort

If you would like to bring a friend or relative with you, they are welcome to accompany you to your appointment and can wait in the waiting area during your scan. Please do not bring children to your appointment.

How do I get my results?

Your referrer should receive your scan report within one week. We recommend making an appointment with your referrer to discuss your results.

The radiographer will not be able to give you your results on the day of your scan, as your images need to be reviewed and a report prepared by a specialist doctor.

Any questions?

If you have any questions, please don't hesitate to ask.

You can contact us through:

✉ enquires@cobalthhealth.co.uk

☎ 01242 535900

If you would like to visit the department before your appointment, please contact us. More information can be found on our patient page on our website:



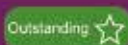
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Did you know Cobalt is a *charity*?

We deliver quality, patient-focussed diagnostic imaging; we undertake research, mainly in cancer and dementia; and we invest in sustainable innovation and improving patient care. We educate medical professionals and support the development of the next generation of healthcare workers.

We partner with colleagues in the NHS, like-minded people in local communities, experts and pioneers. To make all this possible, we depend on donations and income from our services.



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