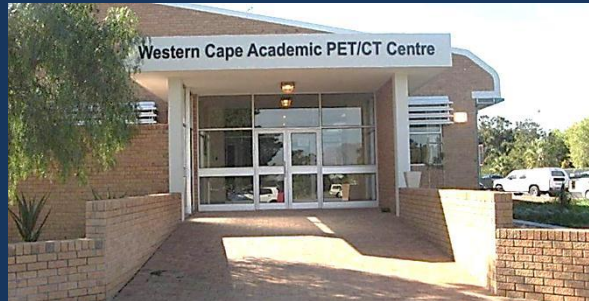




## WESTERN CAPE ACADEMIC PET/CT CENTRE



### PET/CT scan Patient Information

You / your relative / child have been booked for a PET/CT scan, which will be performed at the Western Cape Academic PET/CT Centre on the premises of Tygerberg Hospital.

Please read the information in this leaflet carefully. If you have any further questions you are welcome to ask a doctor during your visit, or phone us before your visit.

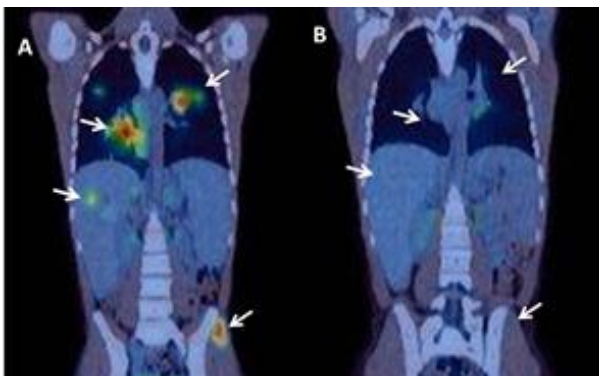
#### **What is a PET/CT scan and how can it help you?**

PET is short for Positron Emission Tomography, and CT is short for Computed Tomography (sometimes also called a CAT scan).

The PET/CT scan can detect certain medical problems that other scans cannot. It can provide specific information to help your doctor to give you the correct treatment. It may also save you from having many other unnecessary tests.

The PET scan requires you to have an injection of a very small amount of radioactive substance. Most commonly a radioactive sugar called FDG is used. Less commonly a compound containing gallium is injected (usually referred to as a gallium scan).

The CT scan takes less than a minute and is done together with the PET scan to provide your doctor with important information about your illness.



*PET/CT scan with FDG before (A) and after (B) treatment. Scan A shows where the tumour is (arrows). This helps your doctor to decide about further treatment. After successful treatment, the tumour can no longer be seen (arrows in B).*

### **Is the PET/CT scan safe?**

A PET/CT scan is safe and there are no side effects. The radiation that you receive from the radioactive injection is low and disappears very quickly from your body.

### **Preparing for your PET/CT scan**

- It is important that you drink 2-3 glasses of plain water during the 6 hours before the scan.
- Please take all your medication as normal unless we tell you not to.
- If you are pregnant or suspect that you may be pregnant you must inform us immediately.
- If you are breastfeeding, you must inform us as special precautions need to be taken.
- There is no specific preparation for a Ga-68 DOTANOC scan.

### **Specific preparation for your PET/CT scan (FDG scans only)**

- Have nothing to eat or drink (no sweets / chewing gum) EXCEPT plain water (not flavoured water) for 6 hours before the scan.
- Do not do any strenuous exercise / activity for 24 hours before the scan.
- It is important for us to know if you are diabetic as this requires specific preparation, which we will discuss with you.

All **medical aid patients** need to obtain an authorisation number and inform the Centre of this number 48 hours before the appointment date. Not getting authorisation timeously, may delay the procedure and/or compromise your treatment.

If you do not receive a phone call confirming your appointment, please call us on 021 938-6552.

### **When you arrive at the PET/CT Centre**

A doctor will ask you some questions and explain the procedure. You will be given an injection of a radioactive substance, after which you will have to wait for about an hour before you are taken in for your scan. The scanning process will take about 20 minutes. The entire procedure should be completed in 2.5 hours.

**Please do not bring any children to the PET/CT Centre, unless they are the patients.**

### **Getting your results**

Please do not ask for the results of your scan during your visit. The scan first needs to be interpreted by Nuclear Medicine and Radiology specialists, which cannot be done immediately. The report will be sent to your doctor, who will give the results to you.

*PET/CT scanner at Tygerberg Hospital*



### **FIND US**

If you have any questions, please do not hesitate to ask.

### **CONTACT US:**

Tel: (021) 938 6552 / 938-6577

Fax: (021) 938 6553

E-mail: [TBH.PetCtCentre2@westerncape.gov.za](mailto:TBH.PetCtCentre2@westerncape.gov.za) / [nucmed@sun.ac.za](mailto:nucmed@sun.ac.za)

Web address: [www.sun.ac.za/nuclear](http://www.sun.ac.za/nuclear)