

Acute Services Division



Information for patients about PET/CT Scan



West of Scotland PET Centre

Tom Wheldon Building
Gartnavel General Hospital
1053 Great Western Road
Glasgow, G12 0YN
Telephone: 0141 301 7800

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About your appointment

Your PET/CT scan will be at the West of Scotland PET Centre, Tom Wheldon Building, Gartnavel General Hospital.

When you receive your appointment, it is important that you confirm you will attend by telephoning: 0141 301 7800
(Monday – Friday, 8:30am – 5:00pm)

Voicemail is available, however please leave your full name and contact telephone number so we can call you back. We will ask you a few questions prior to your scan.

If you cannot make this appointment please telephone us as soon as possible. This will allow us to give your appointment to another patient.

It is important that you allow plenty of time to arrive promptly for your appointment at the PET Centre.

If you have any questions about your scan please phone us on the number above.

Help with specific needs

If you need help with any of the following please telephone the department:

- Sight, hearing or require an interpreter.
- Mobility, specialised equipment or any other need.

What is PET-CT scanning?

PET stands for Positron Emission Tomography. It is a safe and easy scanning method. It uses a radioactive material which we will inject into your vein. The scan then produces images that show how your body is functioning.

CT (Computed Tomography) uses X-rays to produce pictures showing the anatomy in your body.

By combining these two techniques in one scanner, we are able to provide important information to your doctor. This can be used to either make a diagnosis or monitor the progress of your treatment.



PET/CT scanner

Radioactive injection

The injection for the PET scan must be made on the day of your scan. The injection is carefully checked before we use it. If there are any issues with these checks, we may need to cancel your appointment at very short notice. Our staff will discuss this with you.

Preparation

You do not need to follow any specific preparation for your scan. You should eat as normal and keep well hydrated before your appointment.

- **If you are taking short or long-acting somatostatin analogues please let us know when you phone the department to confirm your appointment.**

Pregnant/breastfeeding patients

It is important to avoid using radioactive materials with patients who are or may be pregnant. Please contact us if you are either pregnant, breastfeeding or you think you could be pregnant.

What should I wear?

We suggest that you wear something loose, comfortable and warm. Where possible, avoid wearing metal items such as watches, jewellery and clothes with metal fastenings. We may give you a hospital gown to wear whilst in the department. If you need assistance getting changed, please bring a relative or friend to help you.

Can I bring someone with me?

If you wish, a relative or friend can come with you. They will have to wait in the waiting room. Space is very limited, so where possible please only bring one person with you.

As the PET Centre uses radioactive materials, **please do not bring children or anyone who may be pregnant.**

How long will the appointment and scan take?

Overall you should expect to be in the department for about 2-3 hours. This will include preparation for the scan as well as the scan itself.

What will happen to me when I arrive?

- Our staff caring for you will explain the whole procedure to you. They will be happy to answer any questions you may have.
- We will give you an injection of a small quantity of radioactive material.

- You will wait 60 minutes between the injection and scan. This is to ensure that your body successfully absorbs the radioactive material. We may also ask you to drink some water during this period.
- You will wait in your own individual room. CCTV and an intercom are installed so that we can assist you when necessary.
- We will then take you to the scanning room. We will ask you to lie flat and remain still on the scanning couch whilst we perform the scan.
- The scan takes approximately 20 to 30 minutes.
- There are no instructions to follow and you should breathe normally throughout the scan.
- There is nothing to see or feel during the scan.

What happens to the results of my scan?

The scan report will be sent to the doctor that referred you. If your doctor needs your results urgently, they can telephone us.

If you have a further appointment with your doctor please let us know the date when you come for your scan.

Are there any side-effects from the scan?

We are all exposed to natural background radiation every day of our lives. This comes from our environment, the air we breathe, the food we eat and even from outer space (cosmic rays).

By having a PET-CT scan you will receive a small amount of radiation in addition to the natural background radiation you already receive. It is equivalent to what you might be exposed to naturally over 3-7 years, depending on the type of PET-CT scan you are having. We make sure when you have your scan that the benefits outweigh the low risk involved with the radiation itself.

The risks from radiation are lower for older people and higher for children. We carefully monitor the amount of radiation used for all patients, and we reduce it for young children.

If you would like more information about the radiation you will receive for your PET-CT scan please ask a member of staff.

Do I have to take any precautions?

The injected radioactive material only remains in your body for a few hours. Drinking about 1 to 2 pints of water over the rest of the day will help to wash the radioactive material out of your body.

We ask you to minimise close contact with other members of the public (particularly children, babies or people who are pregnant) for about 6 hours after you leave the department. This means not having a child sitting next to you or on your knee during this period.

If you are planning to travel home on public transport and your journey time is more than 2 hours, please let us know this before your injection.

Carers and Comforters

If a friend or relative cares for you during this procedure or when you go home, they will receive a small amount of radiation from you. It is therefore important that your carer is not pregnant or breastfeeding.

Please show this leaflet to any carer so that they understand this before you come for your PET-CT scan.

Comments and Suggestions

Feedback from patients and carers helps us to improve our service. If you have experienced any problem or have any comments or suggestions about our centre, please let us know.

For more information about the West of Scotland PET Centre you can visit our webpage on:

<https://www.nhsggc.scot/hospitals-services/services-a-to-z/nuclear-medicine/information-for-patients/nuclear-medicine-at-gartnavel-general-hospital/pet/>



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