

Information for patients about
PET/CT Scan - PSMA

West of Scotland PET Centre

Tom Wheldon Building,
Gartnavel General Hospital,
1053 Great Western Road,
Glasgow, G12 0YN.

Telephone: 0141 301 7800

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 we need you to confirm that you will attend your appointment by telephoning: **0141 301 7800 (Monday – Friday, 8:30am – 5:00pm)**

Voicemail is available out of hours, 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 at the PET Centre for your appointment. If you have any questions about your scan please phone us.

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.

Your Well-Being

You are having a PET/CT scan so that your doctor can either make a diagnosis or monitor the progress of your treatment.

PET/CT scans involve the use of radiation. We make sure when you have your scan that the benefits outweigh the low risk involved with the radiation itself.

What is PET-CT scanning?

PET stands for Positron Emission Tomography which is a safe and easy scanning method using a radioactive injected material to produce images that show how your body is functioning.

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

By combining these two techniques in one scanner, we are able to provide important information to help your doctor plan what treatment you may need.



Preparation

There is no specific preparation required for your scan. You should eat and drink as normal and continue to take any regular medication you may be on.

What should I wear?

We suggest that you wear something loose and warm. Dress comfortably and, where possible avoid wearing metal items such as jewellery, trousers with metal zips. We may give you a hospital gown to wear whilst in the department.

How long will the appointment and scan take?

Overall you should expect to be in the department for about 3 hours which will include preparation for the scan as well as the scan itself as we explain in more detail below.

What will happen to me when I arrive?

- Our staff caring for you will explain the whole procedure to you, and 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 90 minutes between the injection of radioactive material and scan in your individual room. This is to ensure that your injection is successfully absorbed by your body. We may also ask you to drink some water during this period.
- A CCTV and intercom are installed in your individual quiet room 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 the scan is being performed.
- The scanner collects images for approximately 30 minutes.
- You should breathe normally throughout the scan, so there are no instructions to follow.

Can I bring someone with me?

A relative or friend may accompany you and wait in the waiting area after your injection, if you require assistance only. However, space is very limited so it will be helpful if only one person accompanies you. Alternatively, our staff can advise when you are likely to be ready to go home so often relatives can leave you in our care and return to pick you up.

As the PET Centre operates with radioactive materials, please do not bring young children or anyone who may be pregnant.

What happens to the results?

The report will be sent to the doctor that referred you. If results are needed more urgently your doctor can telephone us. If you have a further appointment with your doctor please let us know the date of this when you attend for your scan.

Are there any side-effects from the scan?

The scan involves some x-ray exposure and the administration of a small amount of radioactive material, which will only remain in your body for a few hours. This small amount of radiation will not cause you any side effects. However we would advise you to follow the points below as a further guide.

- We recommend that you drink more than usual, about 1 to 2 pints of water, for the rest of the day after your scan to help wash the tracer out of your body.
- Because of the radioactive injection, we ask you to minimise close contact with other members of the public (particularly children, babies or pregnant women) for about 8 hours after you leave. 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.

Putting it in Perspective

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.

The amount of radiation you will receive is small. 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.

The risks from radiation are lower for older people and higher for children. The amount of radiation used is carefully monitored for all patients, and is reduced for young children.

However, it is also important to balance out the small radiation exposure with the important information we will get from your scans which will allow your doctor to plan the best treatments possible for you.

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

Comments and Suggestions

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

Leaflet prepared by: A. Matos January 2021

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