

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.

**☎ 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.

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

If you use the voicemail service, **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.**

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.

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 wellbeing

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. It is a scanning method where a radioactive material is injected into a vein in your arm. It produces images to show how your body is working. CT (Computed Tomography) uses X-rays to produce a 3D picture of inside your body.

By combining these two techniques in one scan, we can provide important information to help your doctor plan your treatment.



## **How long will the appointment take?**

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

## **Preparation**

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

## 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.

## Can I bring someone with me?

If you require assistance, a friend or relative can accompany you and wait in the waiting area. However space is very limited so it will be helpful if only one person accompanies you. Alternatively, our staff can let you know when you are likely to be ready to go home. Your relative may therefore prefer to 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 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.
- After the injection, you will wait in your individual room for 90 minutes. This allows your body to absorb the radioactive material. We may also ask you to drink some water during this time.
- A CCTV and intercom are installed in your room. You can contact us if needed.
- When we take you into the scanning room, we will ask you to lie flat on the scanning couch. It is important that you keep still during the scan.
- The scanner collects images for approximately 30 minutes.

- You should breathe normally throughout the scan, so there are no instructions to follow.

## **When will my results be available?**

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

## **Use of your images**

We may use images or details from your test for research, teaching or presentation purposes. This helps to improve our service. You will not be able to be identified from this information. Please let us know if you do not wish your data used in this way.

## **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. This 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 throughout the rest of the day. This helps to wash the radioactive material 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 people) 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.

## **If you live in a care or nursing home**

Please show this leaflet to the care or nursing home staff. They should read the following section:

### **Care or nursing home staff**

As your resident is coming for a nuclear medicine test there are some responsibilities for the care or nursing home staff.

At their appointment your resident will receive a small amount of radiation to perform their test. We will issue instructions when the patient attends. These instructions are specific to the test they are having. They explain the additional precautions to be taken and the duration of these (usually a few days). All staff nursing or caring for a patient should be aware of, and follow, these instructions when caring for them at this time. If you need more information please telephone the department.

## **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.

**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. We welcome comments and suggestions about any aspect of your attendance at the hospital.

Please speak with a member of staff or you can use our online feedback system:

🌐 [www.nhsggc.org.uk/get-in-touch-get-involved/patient-feedback](http://www.nhsggc.org.uk/get-in-touch-get-involved/patient-feedback)



## Complaints

If you wish to complain about any aspect of your care when attending our department, please speak with a senior member of staff in the first instance. You can also contact the Complaints Office on: ☎ **0141 201 4500** or ✉ [complaints@ggc.scot.nhs.uk](mailto:complaints@ggc.scot.nhs.uk)

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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