



# PET / CT SCAN



**Aster**  
**HOSPITAL**

We'll Treat You Well



Digital Version



## PET / CT SCAN

Positron Emission Tomography (PET) is a powerful imaging technique that holds great promise in the diagnosis and treatment of many diseases, particularly cancer. A non-invasive test, PET scans accurately image the cellular function of the human body. In a single PET scan your physician can examine your entire body. PET scanning provides a more complete picture of anatomy & physiology, making it easier for your doctor to diagnose problems.

We have state-of-the art PET CT - which reduces scan time and provides improved scan quality. The system does motion correction in order to enable better lesion detection

Nuclear medicine is a branch of medical imaging that uses small amounts of radioactive material to diagnose and determine the severity of or treat a variety of diseases, including many types of cancers, heart disease, gastrointestinal, endocrine, neurological disorders and other abnormalities within the body.

## PET CT SCAN

(Whole Body /Limited-Oncology): This is done to determine the extent of disease (staging) and assess treatment response

## WHAT SHOULD I EXPECT?

An IV line will be established, and you will be checked for fasting blood sugar

level and your GRBS level must be below 150 mg/dl. After fasting for 4-6 hours, you will receive an injection of a tracer amount of radioactive glucose, which is distributed throughout the body. After the radioactive injection you will be placed in a dark room for approximately 45-60 minutes. About 60 minutes after the injection, you will have to lie down on the scanner bed. Images will be taken of your body as you lie still on the scanner bed. A PET scan takes approximately 30 minutes. When the PET CT scan is done, make sure to drink plenty of water or other fluids throughout the day. After the scan is completed you can continue your normal diet.

## IS PET CT SAFE?

A PET CT scan is extremely safe. There are no known side effects and the quantity of radioactive glucose used is low and degrades quickly. The remaining is eliminated from the body through urine so that no detectable radioactivity is present after several hours. Family members are not at risk for exposure since greater than 90% of the radioactivity has left the body or decomposed before the patient has left the centre. The important thing to remember is to review the list of items and conditions (e.g. pregnancy, diabetes) that may be a problem prior to your exam, and discuss them thoroughly with your physician. You may mingle normally with adults but should avoid infants and pregnant women for further 6 hours.

## WHEN WILL MY DOCTOR HAVE THE RESULTS/REPORT?

Your scan report will be read by one of our doctors within 24 hours and the results, including a CD of your exam, will be made available. If your physician feels it is necessary to have a report right away, we can accommodate that request

within 4-5 hours. Likewise, if our doctor feels there is an urgent finding, your physician will be notified immediately. Otherwise, contact your doctor to discuss your PET CT scan results:

## GENERAL INSTRUCTIONS

- You should not undertake any intense and strenuous physical activity or exercise 24 hours before the PET CT scan appointment.
- You should bring along an adult attendant. Avoid having children and pregnant women accompanying you.
- Wear loose and comfortable clothing. Do not wear any metallic objects, jewels or valuables.
- On the day of the scan, you should carry all your relevant medical records, reports, films, and/or CD of x-rays, CT, MRI. PET-CT or any other investigations done till date on the day of the study. These are important in the interpretation of your scheduled PET-CT scan by the doctor.
- You may be required to remain at the hospital for at least 4 hours from the scheduled time of appointment for the PET-CT scan.

## SPECIFIC INSTRUCTIONS :

PET CT whole body & PET/CT-Cardiac Viability scan :

- You should not eat and drink for at least 6 hours before your scheduled appointment. However you are permitted to drink plain water only.
- Blood test for creatinine to be done along with fasting blood sugar level

## F18 - FLUORIDE BONE SCAN:

- You need not be fasting at the time of the study.
- Diabetic patients can have breakfast

and their anti- diabetic medicines.

- High blood sugar does not interfere with the results of the scan.

## FOR PET/CT BRAIN STUDY:

- 12 Hours before your appointment time No caffeine products (coffee, tea, cola drinks), No cigarettes or chewing tobacco.
- You should not eat and drink for at least 6 hours before your scheduled appointment. However you are permitted to drink plain water only.
- Once you receive the isotope you must lie still for about an hour eyes closed. You may not move around or talk to anyone.

## FOR FEMALE PATIENTS ONLY:

Please inform the staff at the time of appointment if

- You are pregnant
- You think you may be pregnant or
- You are breast feeding.

## FOR DIABETIC PATIENTS ONLY:

- You should not have any anti-diabetic medicines (tablets/insulin injections) on the day of study.
- Your fasting blood sugar level must be below 150 mg/dl at the scheduled time of your appointment.
- You may consult your physician to determine the safest way possible to manage your blood sugar level before your scan.
- You may be required to be given insulin. Please inform any allergies.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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## DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs