

HOW DO I GET READY FOR THIS SCAN?

- **2 days before the scan:** Limit strenuous exercise.
- **5 hours before the scan:** Do not eat or drink anything. Do not suck candies or chew gum. Continue to drink water only.
- **On day of the scan:** Take any medications that are safe to take on an empty stomach. Do not take any medications that contain sugar.
- **Please arrive for your appointment on time.**

IF YOU HAVE DIABETES

- Follow your diet carefully the day before the scan. Check your blood sugar often. Keep your blood sugar below 10 mmol/L.
- **4 hours before the scan:** Do not use any short acting insulin from now until after your exam is finished
- **5 hours before the scan:** Do not eat or drink anything. Do not suck candies or chew gum. Continue to drink water only.

FOR ALL FEMALE PATIENTS

When you are contacted by the PET/CT department to remind you of your appointment, let them know if you are breastfeeding or if you may be pregnant.

Your appointment:

Date: _____

Time: _____



Please arrive by your scheduled appointment time and register in the Nuclear Medicine Department at St. Joseph's Hospital.

**St. Joseph's Hospital
Nuclear Medicine Department**
268 Grosvenor Street
London, ON N6A 4V2
Zone B, Level 5, **Room B5-204**



Remember to allow extra time to find parking.



If you have any questions or need to cancel your appointment, please call Nuclear Medicine at **(519) 646-6100 ext. 61385**

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Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

Getting Ready for a PET / CT Scan

Nuclear Medicine Department

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About Molecular Imaging

Molecular imaging is a type of medical imaging that provides detailed pictures of what is happening inside the body at the molecular and cellular level. Where other diagnostic imaging procedures – such as x-rays, computed tomography (CT), and ultrasound – predominantly offer anatomical pictures, molecular imaging allows physicians to see how the body is functioning and to measure its chemical and biological processes.

WHAT IS A PET SCAN?

During a PET scan, a radioactive substance called a tracer is combined with a chemical substance – such as glucose – and is injected into the body. The tracer emits tiny, positively charged particles (called positrons) that produce signals. A special camera records the tracer's signals as it travels through the body and collects in organs. A scanner then converts the signals into three-dimensional images of the examined organ. The three-dimensional views can be produced from any angle to provide a clear view of an abnormality.

WHAT HAPPENS WHEN I ARRIVE FOR MY APPOINTMENT?

- After you register with your health card, a technologist will ask you questions about your health history and explain the steps of the test.
- You then get ready for the scan.
- We inject the tracer into your arm, hand or foot with a small needle.
- You then wait in a quiet and dark room for 1 hour while the tracer goes through your body.
- After 1 hour, we start the scan. You will lie on your back and we will make you as comfortable as we can.
- We leave the room, but we can still hear and see you at all times. We will speak to you through the intercom.
- You will hear some whirring noises from the scanner. These sounds are normal.

HOW LONG WILL I BE HERE?

- Plan to be here for 2 ½ hours
- Preparation for the scan usually takes 1 to 1 ½ hours.
- The scan takes 30 to 60 minutes depending on the part of your body being scanned.

WHAT HAPPENS AFTER THE SCAN?

- You can eat and drink as you would normally.
- If you feel unwell after you leave the hospital, contact the doctor who ordered the scan. If this doctor is not available, contact your family doctor. If your family doctor is not available, go to the nearest Emergency Department and tell them you had a PET/CT scan.

IF YOU ARE CURRENTLY RECEIVING TREATMENT

Your PET scan should be scheduled at minimum:

- 2 weeks after your last biopsy
- 2 weeks after your most recent chemotherapy treatment
- 3 months after your most recent radiation treatment

If your appointment is within any of these timelines, please call to determine if your PET scan should be rescheduled.