

NUCLEAR MEDICINE DEPARTMENT OF BIOMEDICAL IMAGING

APPOINTMENT & EXAMINATION INFORMATION

POSITRON EMISSION TOMOGRAPHY (PET-CT)

PET-CT: ☐ CONTRAST ☐ PLAIN

NAME:.....

R/N:.....

DATE OF APPOINTMENT :

TIME OF APPOINTMENT: AM/PM

PROCEDURE FEE: RM

DEPOSIT PAID : RM

ALLERGY/ ASTHMA : NO / YES

LAST MENSTRUAL PERIOD:.....

APT GIVEN BY:.....

DATE OF APPOINTMENT GIVEN :

REMINDER: Please read all the information carefully

The following are some reminders:

- You are advised to be present one (1) hour earlier at the Nuclear Medicine counter than the appointment time given to you for registration and preparation for the procedure
- If you are late for your appointment, it will be rescheduled to a later date
- To ensure you are early, kindly make allowances for traffic delay, parking, etc
- Please bring your identity card / passport for verification purposes
- Please bring this appointment slip and any previous imaging
- Please notify us two (2) weeks in advance if you are unable to attend your PET-CT appointment
- Should there be machine breakdown or technical problems, you will be contacted to reschedule your appointment
- If you change your phone number, please call the number below to notify us
- Please store the below number in your hand phone so that you can recognize any call from the hospital with regards to your appointment.

If you are unable to attend your appointment, please call us at:

Tel: 03-7949 2085/8002 (Nuclear Medicine appointment counter)

What Preparation Do I Need?

- **Fasting at least 6 hours** before scan. However, plain water intake is allowed
- If you have a **steroid (prednisolone) prescription** please remember to take your dosage as advised
- Female patient of child bearing age, the scan will be done **10 days from their 1st menstrual day**
- **Avoid strenuous exercise** 2 days before the scan e.g gym exercise
- No food / drinks **containing sugar** 24 hours prior to exam
- Do have **adequate sleep and rest**
- If you are a **DIABETIC** patient, **DO NOT TAKE** your morning dose of medication on the day of examination
- **Consume diabetic medicine** only after the scan or when instructed by the Nuclear Medicine staff.
- Children below 12 years old or pregnant women are **not allowed** to accompany the patient

For Ward Patient

- Off IV drip **Glucose / Dextrose** for in-patient **one (1) day** prior to the examination day (for nursing staff)

What Precaution Do I Need After the Scan?

Please avoid prolonged close contact with children and pregnant women at least 6 hours after the scan.

What Do I Do After the Scan? ,

After the scan, you can eat and drink normally. You are advised to drink plenty of fluids for remainder of the day.

How Much Radiation Do I Receive From the Scan?

A PET-CT scan exposes you to about 25 mSv of radiation. This is equal to about 8 years of average background radiation exposure.

What is a PET-CT examination?

PET-CT is a nuclear medicine techniques which combine a PET and CT Scanner to acquire images from the both devices. **PET** shows metabolic function in the body. A computer designed especially for PET scans records this information and converts it into images for diagnostic purposes. **CT** creates a picture of your body's anatomy, allowing your doctor to view the size, shape, and location of lesions. The information from both scans is combined into a **single 3D images**.

What do you need to do prior to a PET-CT Scan?

You should inform the nuclear medicine staff if:

- You are a **diabetic**
- You are **pregnant or may be pregnant**
- You are **suffer from claustrophobic**
- You are **breast feeding**
- You have **allergic to contrast media or seafood**
- You have **history of asthma**

How is PET CT performed?

There will be three phases throughout the scanning:

- **REST PHASE / UPTAKE PHASE** - You will be injected with a small amount of F^{18} -FDG (low dose radioactive form of glucose) into a vein on your arm. You will be asked to lie down and rest approximately 1 hour to allow adequate time for FDG to travel throughout the body. You will be asked to empty the bladder before the scan
- **SCAN PHASE** - The scan will take 20 - 30 minutes depending on the scan part. You are not allow to move during the scan
- **DELAY PHASE** - You may need to wait for 30 minutes in holding room for the delay scan and to allow decay of radiotracer in the body

How long does it take to scan?

You should plan to spend three (3) hours in total.