

What is PET/CT?

PET stands for Positron Emission Tomography. It is an imaging technique that uses small quantities of a radioactive tracer called ¹⁸Fluorodeoxyglucose (similar to sugar), to produce images showing how your body is functioning. CT (Computed Tomography) utilises X-rays to produce pictures showing the density of different organs in the body. By combining these two techniques in one scanner, we are able to provide important information to help your doctor plan an appropriate treatment for you.

Are there any side effects?

There are no known side effects from the injection of the radioactive sugar. There is a small amount of radiation involved in the procedure (a similar amount to other diagnostic procedures such as CT) but the risks associated with this are minimal.

In some circumstances our clinicians advise that you are also given an oral medication to enhance the results of your scan - it may have a sedative effect and you will need to arrange for someone to accompany you home. If this is necessary, we will inform you before the day of the test. We recommend that if you are given this medication, you do not drive for 24 hours following your scan.

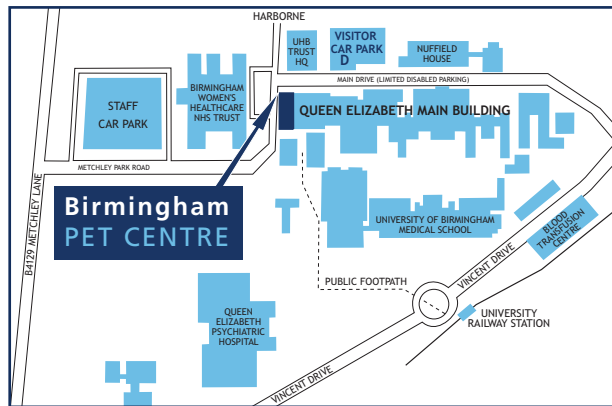
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Travelling to the centre

The Birmingham PET Centre is located opposite the main entrance to the Birmingham Women's Hospital. A large multi storey car park is conveniently located nearby on Main Drive (Car Park D).

By car from the M5 motorway Leave M5 at Junction 4 and follow A38 Birmingham for 6.75 miles, after which you will encounter a major set of traffic lights. Turn left following A4040 Harborne/Queen Elizabeth Medical Centre, passing the large Sainsbury's store on your right. At the roundabout, take the second exit onto the Selly Oak New Road. Continue over the next roundabout onto New Fosse Way. At the next roundabout, turn left onto Hospital Way for car parks for both the QEHB (Car Park A) and old QE (Car Park D).

By car from Birmingham city centre Follow the A38 Bromsgrove (Bristol Road). After leaving the city centre, continue along the dual carriageway. As the dual carriageway ends, turn right into Edgbaston Park Road, following signs for Queen Elizabeth Medical Centre. Take the next left into Pritchatts Road, then turn left onto Vincent Drive (after canal bridge). At the roundabout (University Station) take the second exit into New Fosse Way and at the next roundabout turn right onto Hospital Way for car parks for both the QEHB (Car Park A) and old QE (Car Park D).

By train Trains from New Street Station in Birmingham city centre travel to University Station, which is less than 10 minutes' walk from the Hospital. University Station is on the Cross City line, trains run approximately every 15 minutes (final destination: Longbridge or Redditch).

A free minibus service running approximately every 15 minutes is also available to carry patients, visitors and staff from University Station to the Birmingham Women's Hospital, the main Queen Elizabeth Hospital building, the multi storey car park and the Mental Health Trust.

A limited number of **Disabled Parking** spaces are located directly outside the Birmingham PET Centre and in the Women's Hospital car park opposite.



Intelligent imaging

PET/CT

What to expect from your scan



Birmingham
PET CENTRE

University Hospitals **NHS**
Birmingham
NHS Foundation Trust

Your doctor has referred you for a PET/CT scan. This relatively simple procedure will take between 2 and 3 hours. In this leaflet we will hopefully answer most of your questions about the scan. However, if you have any concerns, please do not hesitate to contact us on **0121 627 5811**.

Before your scan

It is very important that you confirm your appointment prior to the day of your scan. Failure to do so may result in your appointment being cancelled or given to another patient. When you confirm, please advise us if you:

- Are diabetic
- Are pregnant, breast feeding or in contact with small children
- Have any special needs
- Weigh over 100kg (16 stone)
- Are booked for other appointments on the same day
- Suffer from allergies or asthma
- Have had chemotherapy or radiotherapy
- Have a follow up appointment with your doctor

On the day of your scan

Unless we tell you otherwise, please do not have anything to eat or drink for 6 hours prior to your appointment (except plain water). We encourage you to drink plenty of water both before and after your scan (approximately 4 to 5 glasses) as this helps flush the tracer we give you through your body. You may continue to use the toilet as usual prior to your scan.

You can continue to take any medication that has been prescribed for you by your doctor and it is also safe for you to take 'over the counter' medicines.

Please be punctual for your appointment

It is very important that you arrive on time for your appointment, as the injection you are given has a very short shelf life. Consequently if you are late we will not be able to proceed with your scan.

If you are unable to attend or are going to be delayed, please ring us at the earliest opportunity.

As this is not a specialised paediatric centre, we do not have the facilities for minding children, and kindly ask that unless your child is attending for a scan, you make other arrangements.

When you arrive at the centre

Once you have checked in for your appointment you will be escorted to the patient preparation area. Here you will be asked to change into a patient gown and to remove any jewellery or metallic objects. The procedure will be fully explained by one of our team, who will also take a brief clinical history.



Administration of the tracer

In order for us to obtain images, we will give you an injection of radioactive sugar into a vein - usually into your arm. This is similar to a blood test. There are no side effects from the injection.

After receiving the injection you will need to rest and remain lying down for 1 hour while the injection is absorbed into your body.

Your scan

Once the radioactive tracer has been absorbed into the body, you are ready for your scan. In the scanning room, you will be asked to lie down on your back on the scanning bed. We will make you as comfortable as possible. The bed will move through the ring of the scanner and collect images for between 30 to 60 minutes, depending on the type of scan that you need. You may bring a favourite CD to listen to if you wish.

After your scan

After the scan has been completed you are free to change back into your clothes and leave immediately. We recommend that you don't have close contact with pregnant women or young children for 8 hours after the scan. You are encouraged to continue drinking plenty of fluids.

Your images will be analysed by our PET/CT clinicians and a report will be sent to the doctor who requested your scan. At the time of your appointment you will be told how long this should take.

If you have a follow up appointment with your doctor, please let us know the date. If not, you will need to contact your doctor to make an appointment to get your results.