

Appointment

- When you arrive for your appointment you will have a brief chat with the scanning staff who will explain the procedure
If you wear reading glasses please bring these along to your appointment as there will be some forms to fill in
- Then you will have a sugar based injection which contains a small amount of radioactive tracer
- You will then have an hours rest where you must lie down, rest and relax to allow your body to uptake the injection
During this time you will not be able to read, however you may bring along a portable music player if you wish

Fasting

- In order to prepare for your scan you must not eat anything for 6 hours prior to your appointment; this includes sweets, chewing gum, tea, coffee and fruit juices
- In these 6 hours you are only able to consume plain still water and nothing else and we need you to drink plenty of plain still water (1-2 pints) in the hours before your appointment as this will help to provide better images
Please bring a bottle of water with you to your appointment in order to keep hydrated while you wait
You are able to use the toilet as normal as you do not require a full bladder for this scan
- You can take any medication as normal during this time as long as there is nothing sugar based such as cough sweets, cough syrup and liquid morphine
If you are currently taking Oromorph please refrain from doing so for 4 hours prior to your scan
However, please take any pain relief you require along to your appointment – you will be advised when it is ok to take by the scanning staff
Any inhalers/Nebulisers are ok to take as normal

Other

- You will be scanned in your own clothes so please come to your appointment as metal free as possible
Please avoid jewellery, belt buckles, metal zips and buttons (and underwiring and clips on bras)
- We ask you to keep warm for 12 hours before your scan and we recommend that you bring a jumper or cardigan along to your appointment
- We also ask that you carry out no exercise or heavy lifting for 12 hours before your scan as it is important that you are as relaxed as possible
This includes carrying heavy shopping bags, gardening and going to the gym

After The Scan

- You will be able to leave straight away following your scan and will be able to drive
- You will be able to eat and drink straight away
- You will not feel any different as a result of the radiation
However, you will be radioactive for 8 hours following your appointment. Therefore we advise against you being accompanied by pregnant ladies or children under 18yrs old for your appointment and you must avoid direct contact with pregnant women and children under 18 for the 8 hours after your scan
- Drinking plenty of water/fluids after your scan will help flush the radioactivity out of your system