

Information for a Whole Body PET scan

Positron Emission Tomography (PET) is an imaging technique used to help us with the management of your condition. The PET scanner is used to produce an image, showing the distribution of the tracer in the body. The radiotracers used for a PET scan are substances naturally found in the body, and are administered in small amounts via a vein in the arm. There are no known side effects. The scan is performed on a scanner that looks like a CT scanner.



Preparing for a PET scan

The entire test takes around 2 hours to complete. Follow the checklist below. You may bring a support person with you, but not a pregnant woman or children.

Checklist PREPARATION FOR A PET SCAN



Contact us as soon as possible if you:

- Need to change your appointment
- Are claustrophobic and need sedation. If you need sedation, you will need to have someone with you to drive you home.
- Are arriving by ambulance transport or have been admitted to hospital.



Fasting

- Do not eat or drink (except for water) for 6 hours prior to your appointment
- This includes lollies, mints and gums



Diabetes

- If your appointment is in the morning, do not take your morning insulin or tablets.
- If your appointment is later in the day, you may be able to eat breakfast. If you do, take your morning insulin or tablets.
- A high blood glucose level may result in poor quality PET images and may result in cancellation of your scan.
- You must not take insulin within 6 hours of your appointment
- If you are unsure, please contact us.



Strenuous exercise

- Do not perform strenuous exercise for 24 hours prior to your PET scan appointment



- Do not bring children or pregnant women with you
- You will need to avoid contact with children and pregnant women following your scan

On the day of your PET scan:

- A staff member will take your clinical history, explain the test and give you the chance to ask any questions you may have.
- You will be given an injection of the radiotracer into a vein in your arm.
- After the injection, you will need to lie quietly in a room for 1 hour.
- The scan generally takes 30 minutes.
- A report with the details of your scan will be sent to your referring Doctor.
- Please ensure an appointment is made with your referring doctor to get the results

Further information

If you have any questions regarding this information, call the Department of Molecular Imaging and Therapy on (03) 9496 5718.