



PET-CT Scan

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What is a PET-CT scan?

PET-CT (Positron Emission Tomography and Computed Tomography) is an advanced imaging scan that shows how your organs and tissues are functioning.

Before the scan, a small amount of a radioactive tracer is injected. This travels through the body in a similar way to sugar and helps show how your body is working.

The scan helps diagnose a range of conditions and supports your doctor in planning your treatment effectively.

Are there any side effects or risks?

The tracer used is safe and typically does not cause side effects. You can return to your normal activities after the scan. We recommend you do not spend long periods next to children or pregnant women for 4 hours after the scan.

In some cases, contrast dye may be used during the CT portion of the scan. This may cause a brief warm sensation. Please let us know before your appointment if you have previously had a reaction to contrast dye, or if you have (or have had) kidney disease.

The amount of radiation used is low, and the benefits of the scan generally outweigh any risks. Your doctor will only refer you if it is clinically appropriate.



Preparing for your scan

You will be given specific instructions depending on the type of scan you are having. These will be included in your appointment letter. Please read them carefully.

These may include:

- Wearing loose, comfortable clothing without metal
- Avoiding strenuous exercise (such as running, cycling, gym workouts, dog walking or strenuous work activity) for 24 hours before your scan
- Being able to lie flat during the scan

Please let us know if you feel you may have difficulty lying flat, or if you are claustrophobic.

Following these instructions carefully will help ensure the best possible results from your scan.

Can I bring someone with me?

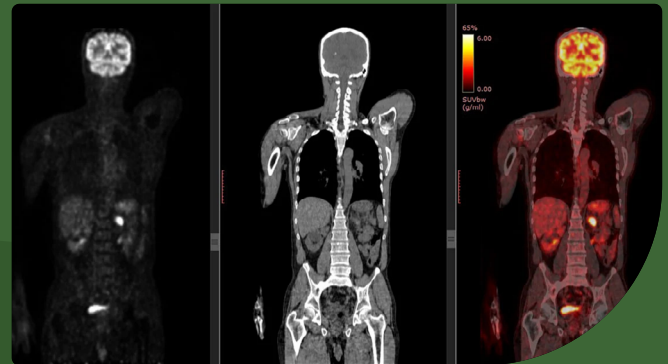
You are welcome to bring a friend or family member to your appointment. They can stay with you while we explain the procedure.

When it is time to prepare for your scan, we will take you to a preparation room. At this point, we will ask your support person to either wait in the waiting area or leave the clinic. We will let them know when you are ready to be picked up.

If you require an essential carer or interpreter, they are welcome to stay with you.

How long will I be in the Clinic for?

You should expect to be with us for approximately two hours. This includes explanation, preparation and scanning time.



What will happen on the day of the scan?

Please arrive on time for your appointment, as the tracer used in your scan is specially prepared for you and has a short shelf life.

- When you arrive, one of our technologists/nurse will explain the procedure and answer any questions you may have
- You will be taken to a preparation room where a small amount of radioactive tracer will be injected into your arm
- During the next 60 minutes you can relax quietly in a recliner chair while the tracer is absorbed
- You will be taken into the scanning room and asked to lie on your back on the scanner
- In some cases, you may receive an additional injection of contrast during the CT scan
- The scan itself usually takes around 20 minutes

What happens after my scan?

You will be able to leave the clinic about 20 minutes after the scan. You can eat and drink as normal after you leave.

You may go about your usual activities, but we recommend you do not spend long periods next to children or pregnant women for 4 hours after the scan. This is to minimise any unnecessary exposure to radiation.

It's also important to drink plenty of fluids for the rest of the day and to empty your bladder regularly.

When will I get my results?

After your scan, a specialist will review your images and prepare a report. This report will be sent to your referring doctor, who will discuss the results with you.

Contacts and further information

Contact our PET-CT team:

Hawke's Bay

Canopy Imaging Molecular Imaging and Therapy Centre
4 Murray Place, Camberly, Hastings 4120

P 06 873 1166

E hawkesbay@canopyimaging.co.nz

Palmerston North

Canopy Imaging Aorangi Specialist Centre
175 Grey Street, Palmerston North 4410

P 06 357 9079

E pn@canopyimaging.co.nz

If you are pregnant or breastfeeding, please contact the clinic as soon as possible to find out if you can have this scan.



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