



Information About Your FDG Cardiac PET Scan

Contact information

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Opening hours: Monday to Friday, 7am to 7:30pm (some Saturday appointments are available)

Please read the following information carefully as it contains important information about your scan.

What is an FDG PET-CT scan with cardiac prep?

- PET stands for Positron Emission Tomography.
- This is a Nuclear Medicine technique that uses a radioactive injection to view different parts of the body.
- An FDG PET scan is the most common type and involves injecting FDG into a vein. FDG is a substance similar to glucose.
- The scan combines PET scanning and CT (Computed Tomography) to detect areas of glucose concentration within the heart.

Is it safe?

- This scan uses a small amount of radiation and the risk associated with this is low.
- The benefits of the scan outweigh the small risk.
- A medical professional has reviewed your case to ensure the scan is safe and appropriate for you.
- If you have any concerns or would like further information, please contact the department.

For All Patients Aged Between 11-55

- If you know that you are pregnant, or there is a chance that you may be pregnant, please contact us as soon as possible.
- Please also contact the department if you are breastfeeding or chestfeeding, as we may need to give you special instructions.
- In line with national guidance from the Society of Radiographers, inclusive practice, or behaving in a way that makes all people or groups of people feel included and valued, is integral to effective healthcare.
- If you are aged between 11 and 55, you will be asked to sign a form asking questions about any potential pregnancy and your registered sex at birth.

- This is to ensure safe testing and accurate diagnosis when reviewing your images, as we will need to be aware of any potential variations in your anatomy.
- This information will be stored sensitively and confidentially.
- If you require any further information about any of this or if you have any questions, please contact the department.

Preparing for Your Scan

For your PET scan, you **must follow a strict diet**.

Why are we asking you to follow this diet?

- Inflamed or damaged heart cells use glucose (carbohydrates) to work.
- At your appointment, you will be injected with a small amount of radioactive glucose.
- You must follow the diet so that any inflamed/damaged heart cells will successfully take up the radioactive glucose, whilst your healthy cells will continue to use fats as normal.

We have given a suggested menu for you to follow.

- You are aiming to have **NO CARBOHYDRATES** the day before your scan.
- You are required to eat your last meal no later than 6pm and then not eat until after your scan.
- You are only allowed to have plain water until after your appointment.

This leaflet outlines which foods to avoid and which ones you can eat the day before your appointment.

YOU MUST NOT HAVE ANY LOW FAT OR DIET FOODS. THIS INCLUDES CONDIMENTS AND SAUCES.

IF YOU ARE DIABETIC, PLEASE INFORM THE PET CENTRE WHEN ARRANGING YOUR APPOINTMENT, AS THIS WILL AFFECT THE DIET TO BE FOLLOWED.

The day before your PET-CT scan appointment:

Breakfast

- ✓ Bacon, egg and mushrooms fried in vegetable oil
- ✓ Two boiled eggs with sliced meat and 'Babybel' cheese
- ✓ **Vegetarian option:** Half an avocado with scrambled egg (no milk)
- ✓ **Vegan option:** One handful of brazil nuts and seeds (no dried fruit) and two *Quorn* vegan smoky ham-free slices

Lunch

- ✓ Tinned tuna or prawns in mayonnaise with lettuce, cucumber and half a pepper
- ✓ One baked pepper stuffed with minced beef, chopped bacon, chillies and spices
- ✓ **Vegetarian option:** Feta cheese with lettuce, cucumber and radishes
- ✓ **Vegetarian option:** Mushroom omelette with cheddar cheese (no milk)

- ✓ **Vegan option:** Celery sticks with 2 tsp of peanut butter, *two Quorn* roast chicken slices with lettuce and cucumber

Evening Meal (no later than 6pm)

- ✓ Pork chops or salmon fillet with one handful of runner beans and curly kale
- ✓ Chicken drumsticks
- ✓ **Vegetarian option:** Skewers of fried halloumi with one pepper and mushrooms
- ✓ **Vegan option:** Stir-fry *Cauldron's* organic tofu with mushrooms, pak choi and spinach, and 5ml of soy sauce
- ✓ You can cook in ghee, vegetables oils and butter
- ✓ You can only use salt, pepper, spices, mayonnaise and lemon

✓ Foods allowed	X Foods <u>not</u> allowed
Meats, meat products and fish <ul style="list-style-type: none"> ✓ Plain beef, pork, bacon, lamb, chicken, salmon (tinned and sliced), haddock and prawns. 98% meat sausages, tinned fish in spring water, liver pate 	X Breaded fish or breaded meat, meat in sauces, cheaper sausages and burgers with low meat content, pork pies
Meat alternatives <ul style="list-style-type: none"> ✓ 'Quorn' roast sliced chicken pieces, 'Quorn' vegan smoky ham-free slices, 'Cauldron' vegan tofu block 	X Breaded 'Quorn' pieces, vegetarian sausages, 'Quorn' vegan chicken-free slices, 'Quorn' bacon rashers
Starchy carbs <ul style="list-style-type: none"> ✓ None 	X All breads, pizza, rice, potatoes, chips, pizza, pasta, quinoa, couscous, risotto, tortilla wraps, crackers
Dairy <ul style="list-style-type: none"> ✓ Eggs, cheddar cheese, Red Leicester cheese, feta, halloumi, goat's cheese, Babybel ✓ Fresh cream, butter, Naturli' Organic Vegan Spreadable 	X Yogurts, cow's milk, soya milk, dairy-free milk, nut milks, cream cheese, cottage cheese, coleslaw
Fruit and vegetable <ul style="list-style-type: none"> ✓ Mushroom, sauerkraut, spinach, curly kale, radishes, asparagus, runner Beans, 2x okra, celery, 1x pepper, lettuce, pak choi, cucumber, spring onion ✓ Half an avocado 	X Carrots, parsnips, broccoli, sweet potato, red and white onion, peas, cabbage, sweetcorn, olives X Fruit, banana, berries, tomatoes, oranges, grapes
Tinned foods/ convenience foods <ul style="list-style-type: none"> ✓ Tinned tuna in spring water 	X Tinned tomatoes, pesto, baked beans, chickpeas, all lentils, pasta/cheese/mushroom sauces, all soups, Thai curry paste, ALL READY MEALS, all takeaways, scotch eggs

Nuts and seeds	<ul style="list-style-type: none"> ✓ Small handful: Brazil nuts, macadamia nuts, walnuts, pecans nuts, hazelnuts, pine nuts, chia seeds, flax seeds, sesame seeds, pumpkin seeds, poppy seeds 	<ul style="list-style-type: none"> ✗ Almonds, peanuts, pistachio nuts, cashew nuts
Condiments	<ul style="list-style-type: none"> ✓ Vegetable oil, butter, ghee, mayonnaise, lemon, lime, spices, 5ml of soy sauce, 1tsp of pure peanut butter 	<ul style="list-style-type: none"> ✗ Sugar, BBQ sauce, ketchup, brown sauce, gravy, stock cubes, balsamic vinegar, mustard, pickle, NO LOW-FAT CONDIMENTS
Confectionary None		<ul style="list-style-type: none"> ✗ Chocolate, biscuits, sweets, cakes
Drinks	<ul style="list-style-type: none"> ✓ Water, sparkling water, UNSWEETENED almond milk 	<ul style="list-style-type: none"> ✗ Tea, coffee, milk, milkshakes, fizzy drinks, fruit juices, flavoured water, all alcohol

The Day of Your PET-CT Scan Appointment

- **NO FOOD or DRINK other than PLAIN WATER** until after your appointment. Stay well hydrated with plain water.
- **If you feel that any of the above will not be possible, please contact us to discuss prior to your appointment.**

Attending Your Scan

- To help the PET scan team, please complete the food diary (on the final page) on the day of your diet and ensure that you bring it with you on the day of your scan.
- **It is important to be on time for your appointment.** The radioactive FDG is ordered as a timed delivery especially for you, as it can only be used for a short period of time. Please do not be late for your appointment, as you may not be able to have your scan that day.
- **If you are unable to attend, are going to be delayed, or have not followed the diet, please telephone us at the earliest opportunity.**
- Please **DO NOT** bring children or anyone who is/may be pregnant with you to your appointment. Please only bring a relative, friend, or carer with you if it is essential to do so. They will have to remain in the waiting room during your appointment.
- If you are travelling via hospital transport, please contact the department to adjust the time of your appointment. Please contact your referring doctor if you require hospital transport.
- It is helpful for our staff to have a brief history of recent medical procedures and a list of the medications you are currently taking at the time of your appointment.

Please note: The radioactive FDG required for this scan is produced away from the hospital on a daily basis and this is a complex process. On rare occasions, this process can fail as a result of a

production problem. If this happens, we may be unable to perform your scan and have to cancel your appointment at short notice. We will inform you as soon as possible to arrange a new appointment.

During Your Scan

- You will be taken to an injection room for a brief medical history and we will explain the procedure to you.
- A small cannula will be inserted into one of your veins and a blood sample will be taken to ensure your blood sugar level is within the acceptable range. The radioactive **FDG** will then be **injected**.
- You will then rest quietly for approximately **90 minutes** while the injection is absorbed into your body.
- You will then be asked to go to the toilet to empty your bladder before the scan.
- You will then be asked to lie flat on the scanning bed and will be required to keep as still as possible, but you can breathe as normal. If you think you may struggle to do this, please speak to us before your appointment.
- The scan will take **20-30 minutes**.
- A member of staff will be able to see and hear you throughout, but will not be in the same room as you.
- Please expect to be in the department for **2-3 hours**.

After the Scan

- The radioactivity in your body will soon disappear if you continue to drink plenty of liquids. These will help to clear the radioactivity from your body more quickly. It is very unlikely that you will feel any side effects after the scan, but if you do, please let staff in the department know.
- Once we have checked your images, you can leave and return to your normal activities.
- You will be able to **eat and drink as soon as the procedure is finished** and you are welcome to bring food with you to eat afterwards.
- This scan does not affect your ability to drive.
- After your scan, there will be some radioactivity left in your body, but this will not present a significant risk to other people around you. However, once you have had your scan and left the department, for **four hours**, try to keep any time spent within one metre of pregnant women, babies, and children as short as possible.

Your Results

- The test will be interpreted by a specialist doctor and a written **report** will be sent to your referring consultant. If you have an appointment with your consultant sooner, please tell us at the time of your appointment.

Information About You

- As part of your care, information will be shared only where necessary with clinical staff. Information may be used to help train other staff or to improve our quality of care. It will all be treated as confidential and your details will be removed where possible.

Translation and Interpretation Service

- If you require this information in another format, such as a different language, large print, braille or audio version, please ask a member of staff or email: interpreting.service@uhb.nhs.uk
- Should you require an interpreter, please contact the department prior to your appointment so that we can arrange this.
- If you do not wish to use the hospital's interpreting service, it is possible for a member of your family or a friend to translate for you. This must be done in accordance with hospital policy and your friend/family member will need to sign a disclaimer.

Teaching, Training and Research

- Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe procedures for this purpose, but only with your consent.

Patient Advice and Liaison Service (PALS)

- PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive and negative), answer questions, and help resolve any concerns about Trust services.
- Please ask a member of staff for directions to the onsite Patient Advice and Liaison Service (PALS) office. PALS can also be contacted on 0121 371 3280, or via email pals@uhb.nhs.uk

More Information

- All staff would like to make your visit as pleasant as possible. If you have any concerns or ideas to improve our services, please talk to a member of the team or ask at reception for a Patient Satisfaction Survey form.

Getting Here

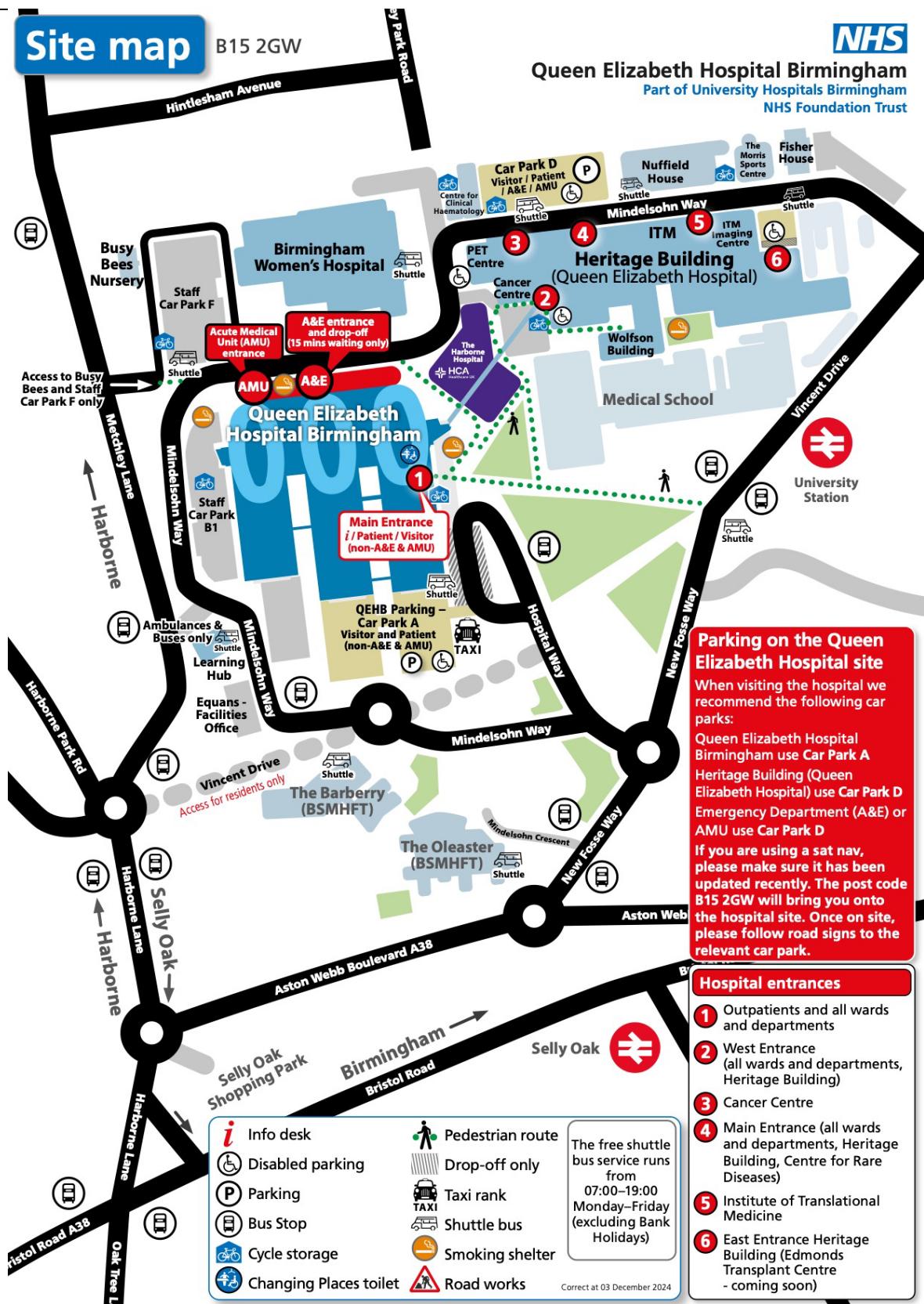
- On the next page is a site map of the Queen Elizabeth Hospital Birmingham, showing you where we are located on the hospital site. We are located near Landmark 3 on the map.
- For information on how to get here, please follow this link: <https://www.uhb.nhs.uk/getting-here/queen-elizabeth-hospital-birmingham>

Site map

B15 2GW



Queen Elizabeth Hospital Birmingham
Part of University Hospitals Birmingham
NHS Foundation Trust



Time	Food and Amounts	Drinks
Breakfast	<i>Example. 2x fried bacon with mushrooms and scrambled egg (no milk). All eaten</i>	<i>Example 2x cups of water</i>
Mid-morning		
Lunch		
Mid-afternoon		
Evening meal		
Evening snacks		
For staff to complete:	How long was the fast: Blood Glucose : Diabetic Y /N Comments.....	

Accessibility

To view this information in a different language or use the text-to-speech reader visit www.uhb.nhs.uk, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email interpreting.service@uhb.nhs.uk.



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