

Information About Your FDG PET Scan

Contact Information

Phone: 0121 371 7220 **Email:** birminghampet@uhb.nhs.uk

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?

- 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 an injection into a vein of FDG. FDG is a substance similar to glucose.
- This substance collects inside the body in areas where the body demands more glucose, such as in tumours. The PET scan can then detect and show us areas where glucose concentration is high within the body.

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 breast feeding or chest feeding, 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.

Information for Patients

- 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

- Please do not have anything to eat for 4 hours before your appointment.
- This includes eating boiled/jelly sweets, mints, chewing gum, cough/cold sweets, flavoured water, fizzy drinks and tea or coffee.
- **You may drink plain unflavoured water in this time before the scan, we encourage you to drink at least 4 glasses before you come to the department.** You should continue to use the toilet as normal.
- Please do not do any strenuous exercise such as long walks, gym sessions, swimming, carrying heavy weights, gardening, cycling, yoga or dance for 24 hours prior to the appointment.
- You should wear comfortable clothing with no metallic fastenings/zips, no metallic decoration or jewellery.
- You are welcome to bring an audiobook to listen to as you will be unable to read whilst in the preparation room.
- If you are a diabetic: for four hours prior to your appointment, do not take your diabetic medication.
- Please take all other medication as normal.

Attending 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, so 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 or are going to be delayed, 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.

Information for Patients

- It is helpful for our staff to have a brief history of recent medical procedures and a list of the medications that you are 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 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 **1 hour** 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 **30-45 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 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 the department.
- You will be able to **eat and drink as soon as the procedure is finished, as well as take any medications you may have stopped**.
- 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 then left the department, for **4 hours afterwards**, try to keep any time that you spend within one metre of pregnant people, babies and children as short as possible.

Information for Patients

Your Results

- A specialist doctor will interpret the scan and a written **report** sent to your consultant. This can take up to **2-3 days**.
- 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, but this must be done in accordance with hospital policy and your friends/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 offer 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 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>

