

# POSITRON EMISSION TOMOGRAPHY (PET SCAN)

## PATIENT INFORMATION SHEET



Image credit: siemens.com

### GENERAL INFORMATION

Your doctor has prescribed positron emission tomography, known as a PET scan. This examination produces images of the body following the injection of a low dose of a radioactive substance to assess how certain organs are working. The nuclear medicine department will contact you to make an appointment and will explain how to prepare yourself for your examination.

### PREPARATION

- Do not do any intense physical exercise for 48 hours before the examination.
- You must not get cold for 48 hours before the examination. Dress warmly on the day of your appointment.
- The day before the examination, avoid large meals, carbohydrates (pasta, bread, rice, potatoes, chips, fruit, juices, pastries, sweets) and sugar substitutes (aspartame, sucralose).
- Do not eat in the 6 hours before the appointment. No gum, candies, lozenges, cough/cold syrup, mouthwash.

**Only water is allowed**  
**(plain water without added**  
**flavouring)**



- You can take your regular medications, except for cough/cold syrups.
- There are a variety of different preparations, based on the requested examination. It is important to properly follow the instructions given when making the appointment.
- **If you are diabetic:** Do not take your insulin the morning of the examination, but you can take your oral hypoglycemics (diabetes pills). Try to maintain good control of your blood sugar levels in the days before the examination. In addition, your appointment must be early in the morning. Contact us if that is not the case.
- Do not smoke on the day of the examination.

### EXAMINATION PROCEDURE

- **Allow 2 to 3 hours for the examination.**
- When you arrive, the medical imaging technician will greet you and explain the examination. They will check that you have properly followed the preparation instructions, check your weight and complete a questionnaire used by the doctor to produce the examination report.
- The technician will then take your blood glucose level and place a catheter in a vein in your arm. **If you have a Picc-line or a functional catheter, these can be used, but not a Port-a-Cath.**
- You will then be sent to the changing room where you will put on a hospital gown. You will be given a locker where you can leave your personal effects before going into the injection room where the radioactive tracer will be administered through your catheter. This product has no known side effects.
- You will remain in this room for 60 minutes. **It is very important that you remain calm and warm to avoid affecting the quality of the images.** Warm blankets will be available.
- In some cases, you will have to drink a contrast liquid to improve organ visualization.

- For the examination, you will lie on your back for the images for about 20 minutes. The machine's bed will move inside a ring to take X-rays as well as the PET images. The machine is not noisy and does not cause pain.
- After the examination, you must wait for the technician to check that all the needed images have been taken. The nuclear medicine specialist will prepare the examination report which will be sent to your doctor within the following 7 to 14 days, or more quickly if it is urgent.
- If you must cross a border in the hours after the examination, tell the technician. They will give you a proof of injection of a radioactive substance to present to the customs agent.

## THE DAY OF THE EXAMINATION

- The PET department is located on the 1<sup>st</sup> floor of Bloc D at the Saint-Jérôme hospital. Do not go to nuclear medicine on the 4<sup>th</sup> floor.
- Register at the PET registration desk with your hospital card and valid health insurance card. If you do not have a hospital card, 15 minutes before your appointment go to Admissions, located on the 1st floor behind the gift shop, to have a card made.



### DO NOT FORGET TO BRING:

- Hospital card
- Valid health insurance card
- Up-to-date list of your medications
- A snack or meal to eat after your examination
- Book, tablet, music, earbuds for the 60-minute waiting period

## AFTER THE EXAMINATION

- You should drink more than usual because the radioactive substance is eliminated through the kidneys.
- You can resume your usual activities and see your loved ones without restriction.

## IMPORTANT

- Do not wear any jewellery on the day of the examination.
- If you are pregnant or think you might be, advise us as soon as possible because the examination must then be cancelled.
- If you are breastfeeding, you must not do so for the 6 hours following the examination.
- The person accompanying you must not be pregnant.
- You must not be accompanied by a child.
- Dentures, hearing aids and wigs/hairpieces are permitted.

**\*\*The PET department is not responsible for lost or stolen articles.\*\***

## APPOINTMENT

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Questions/notes

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**TO CONTACT US** (to cancel or postpone an appointment and for any questions):



**450-432-2777 ext. 29300**

Hôpital de Saint-Jérôme  
 290 Rue de Montigny, 1<sup>st</sup> floor– Bloc D

**Info-santé: 811**

*Have a good stay with us!*  
[www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)