

## Your PET-CT Appointment

Diagnostic Imaging @ KRW L3 (Mon – Fri, 8am – 6pm)

### Patient Particulars:

Appointment Date/Time:

\_\_\_\_\_

Estimated Fees for Outpatient:

\_\_\_\_\_

### Note:

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.
- No medical certificate can be issued for this appointment. Certificate of attendance will be given upon request.

### Late arrival may result in rescheduling of appointment.

Please arrive at least 15 mins before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment.

1. Please bring any recent PET/CT, Blood Tests, CT, X-rays or biopsy results with you.
2. Please **fast for 6 hours** before the scan.
3. Do not do any strenuous exercise for 12 hours prior to the study.
4. Continue to take prescribed medication.
5. Do not take any vitamins.

**Please bring this leaflet on the day of your appointment**

This brochure is classified as Unclassified, Non-Sensitive

The information in this brochure is meant for educational purposes and should not be used as a substitute for Medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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# PET-CT

## Patient Information Leaflet

### National University Hospital

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OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

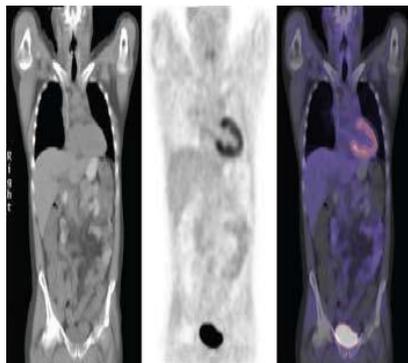
OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

[www.nuh.com.sg](http://www.nuh.com.sg)

## What Is PETCT?

ETCT fuses 2 sophisticated imaging modalities – combining the functional information from a Positron Emission Tomography (PET) examination with the anatomical information from a Computed Tomography (CT) examination into a single study.

A PET examination is able to detect changes in cellular function on how your cells are utilizing nutrients such as sugar and oxygen. As such functional changes occur before physical changes take place; the information gathered from PET will assist your doctor in making an early diagnosis. A CT examination provides a non-invasive way of rapidly acquiring 3-dimensional pictures of your anatomy for in-depth clinical evaluation. The integration of PET and CT allows more precise information for diagnosing the presence and extent of disease, prescription of treatment and therapy progress monitoring.



## What To Expect During The Examination

When you arrive after registration, we will take a review of your history and any past studies. A small amount of blood will be taken to check your blood sugar level. Your height and weight will also be taken. You will be asked to change into a gown. A locker will be provided for your convenience.

A cannula will be inserted into one of the veins of your hand/arm and you will receive a radiopharmaceutical injection for the PET portion. For most studies, you will have to rest in a private room for 45 – 60 minutes to wait for the radiopharmaceutical to distribute itself. After emptying your bladder, you will be helped onto the scanner bed which will move slowly through the PETCT scanner. You will be asked to lie very still during the duration of the scan because any movement can interfere with the results. The scan will take approximately 20 minutes and is completely painless.



## How long will all these take?

Plan on spending 3 – 4 hours in the department. The length of the procedure can vary depending on what we are looking for and what is discovered along the way. It is preferred that you do not make any other appointments on the same day to prevent scheduling problems.

## How Should I Prepare For The Examination?

For us to obtain the best possible information from the scan, please read these preparation instructions carefully as complying with them is critical to your study,

- DO NOT eat or drink anything except water for 6 hours prior to the study.
- Be well-hydrated. Drink plenty of water the day before and on the day of the study,
- DO NOT do any strenuous activities or exercises for 12 hours prior to the study. Excessive muscle activities may affect the distribution of glucose within the body and interfere with the interpretation of the scan.
- Continue to take prescribed medications (with water) on the day of the study unless instructed otherwise by your doctor. However, DO NOT take vitamins.

## Important Points to Note

- Please inform us before your appointment date if you have diabetes, severe drug allergies, renal problems or are claustrophobic.
- Please inform us if you are breastfeeding or may be pregnant.

## What Are The Risks?

The main risk of the procedure is extravasation of the radiopharmaceutical injection outside the vein. The risk is low and all necessary precautions will be taken to minimise this risk.

## Radiation Dose

PET radiopharmaceuticals lose their radioactivity very quickly (2 minutes to 2 hours) and only very small amounts are administered. No special precautions are required. In all cases, little or no radioactivity will be left in the body by end of the test day. The CT scan here gives a lower radiation dose as compared to diagnostic CT scans.

## Financial Scheme Available

With effect from 1 April 2008, cancer patients would be able to utilize Medisave up to the prevailing rate stipulated by CPF Board for his/ her outpatient MRI, CT scans and diagnostics<sup>1</sup> related to neoplasm treatment<sup>2</sup>. The use of Medisave for outpatient MRI, CT scans and diagnostics would only be allowed when accompanied by the doctor's certification indicating the relevance of the scan to cancer treatment.

<sup>1</sup> Other diagnostics used in cancer treatments include blood tests, mammographs, ultrasounds, X-rays and CT.

<sup>2</sup> The scans and diagnostics may be performed for pre-treatment planning, evaluation during treatment and post-treatment follow-up.