# Whole body PET/CT scan

You have an appointment for the whole body PET/CT -imaging. PET stands for Positron Emission Tomography. The PET scan requires an injection of a very small amount of a radioactive tracer similar to sugar (18-Fluodeoxyglucose, FDG) to produce images. CT stands for Computed Tomography and uses X-rays to take images of different organs in your body.

## Before the examination

Please reserve about 4 hours for the examination.

You **may not eat at least for 6 hours** prior to your examination. You may not have gum, mints or candy. You may only drink **plain water**. Do not drink for example coffee, tea or any soda. You may take your medicine as usual.

Avoid exercise and physical activity (e.g. walking, reading, lifting) prior to the examination in order to have your muscles relaxed to provide clearer images.

Your blood glucose level effects to the success of this examination. Before the examination, the blood glucose level should be lower than 10 mmol/l. During the fast (6 hours prior to the examination) you **cannot** lower your blood glucose level with insulin. In a case you have metformin medication for your diabetes, you **should not take that medication for three days**. Metformin commercial labels are e.g.: Eucreas®, Glucophage®, Janumet®, Jentadueto®, Komboglyze®, Metforem®, Metformin®, Oramet®, Synjardy®, Xigduo®.

**If you use insulin for your diabetes, your fast is 4 hours prior to examination.** You can take your short-acting insulin along with breakfast 4 hours before the PET/CT examination. The long-acting insulin can be taken on the previous evening.

Leave all jewellery and other metal accessories at home as these may interfere with the imaging. You may be accompanied by an escort when you come to the examination. We do not recommend bringing children to the department because of the radiation.

**Women**

The examination is usually performed within 10 days after onset of menstruation. If you use reliable contraception (contraceptive pills, capsule, ring, patch, intrauterine device or sterilisation) the examination may be performed. The use of condom is not regarded as reliable contraception. We do not usually perform the examination on pregnant women. Please take into account that pregnancy tests do not give a reliable result until menstruation is late.

You should stop breastfeeding for 12 hours after the examination. Breast milk expressed during these 12 hours must not be used. Avoid close contact with babies for 12 hours.

## The examination

Your muscles should be relaxed before the injection of the radioactive marker. For that reason, you should rest for 1 hour before the injection. You can drink water and urinate as usual.

The radioactive marker will be injected into your vein. After that you will rest for an hour before the imaging to allow the radioactive marker spread through your body and into your tissues. During the rest moving, reading or using the mobile phone is prohibited.

Before the scan begins, you will go to the toilet to empty your bladder. The scan takes about 20 minutes. In the scanning room you will lie supine and stay still. You will need to take off all jewellery and any other metallic objects. If needed, you can be given medication to get you relaxed.

A statement on the examination will be sent to the doctor treating you or to the ward or clinic where you are being treated. You will be informed of the results in the manner agreed on.

## After the examination

The marker does not affect your state of health, and it will be eliminated from your body within the examination day. After the examination, it is recommended that you drink lot of liquids and urinate frequently in order to reduce the radiation dose in your bladder. Men should also urinate in sitting position. Dry the end of the urethra and the area around it carefully with toilet paper. Wash your hands thoroughly afterwards and flush the toilet immediately.

The radioactive marker gives off some radiation to your immediate vicinity throughout the day of the examination. However, the radiation dose to other people around you is so small that no precautions are needed. Please avoid close contact with babies for 12 hours.

## Contact information

The entrance is on the 1st floor door N **(Keskusröntgen, N4, aula 1)**. For more information about the examination, call **040 1344566** Monday through Friday from 12.00 pm to 2.00 pm.