

Information for patients about FDG-PET/CT examination

Positron emission tomography (PET) combined with computed tomography (CT) is one of the most advanced diagnostic imaging method in our days. The applied tracer is a glucose molecule labeled with a radioactive isotope (^{18}F -FDG), which helps us acquire information about sugar metabolism in the tissues.

The examination is completely painless. The effective radiation dose is estimated to be 4-8 mSv in case of administration of 5-10 mCi (~ 150-400 MBq) FDG. There is no evidence of allergic reaction caused by this tracer in literature. The radiation dose of the preceding unenhanced (i.e. without i.v. contrast material) low dose CT is 2-6 mSv.

The examination is time consuming, it takes up several hours. Please, keep the appointment date and time accurately. Patients are not allowed to eat 6 hours prior to the given time, but abundantly drinking sugarless fluid (mineral water) is strongly recommended. It is also recommended to increase fluid intake after the examination to help clear the tracer from the body as soon as possible. Patients may eat after the examination.

Patients may take their medications as usual.

If you have a Type 2 diabetes (treated with pills only): if you are taking metformin containing medicine, please omit taking it for 2 days prior to the examination and on the day of the examination. You may take any other type of medication for diabetes. Do not eat 6 hours prior to the examination. With these temporary changes of diabetes treatment and diet rules there is no significantly elevated risk of having hyper- or hypoglycemia (pathologically high or low blood sugar level).

If you have a Type 1 diabetes (insulin dependent): do not change your daily routine of eating and insulin administration.

Before the tracer injection blood sugar level will be measured (high levels can impair the evaluation of the study).

Please, avoid activities with physical exertion (sport, training etc.) 72 hours prior to the examination. Prevent feeling chilly on the day of the examination (avoid cold milieu, wear warm clothing) as the metabolic changes caused by feeling cold can make evaluation of the study more difficult. We kindly ask you to refrain from smoking on the day of the examination as it can also alter metabolism.

40-60 minutes before the examination the patient will receive the radiotracer (^{18}F -FDG) injected intravenously. During the following waiting time drinking 1 liter of water or water-diluted contrast material (depending on the disease) is required in order to depict the gastrointestinal tract

ScanoMed Budapest

NEAK finanszírozott PET-CT vizsgálatok: (+36) 1 422 3880

Magán finanszírozott PET-CT vizsgálatok: (+36) 30 639 3500

ScanoMed Debrecen

NEAK finanszírozott vizsgálatok: (+36) 52 526 020

Magán finanszírozott PET-CT vizsgálatok: (+36) 30 206 8922

SPECT-CT és izotópterápiás vizsgálatok: (+36) 30 648 1828

accurately. Severe side effects of this contrast material are not known, temporary nausea, diarrhoea can seldom occur. On some occasions, to facilitate the emptying of the tracer i.v. diuretics can be used 15-20 minutes after the administration of the tracer (^{18}F -FDG). The duration time of the scan is usually less than 10 minutes but it can vary depending on the type of the scan. During the scan comfortable but motionless laying position is needed.

To have a successful and efficient examination relaxation is needed even during the waiting period. Therefore quiet waiting is expected and patients may be accompanied by one person only.

The doctor has to be informed about pregnancy or the possibility of pregnancy, in such cases the examination cannot be performed. Breastfeeding has to be suspended for 24 hours following the examination. Therefore, in case of breastfeeding the collection of milk for one day is recommended. Pregnant women and children are not advised to accompany patients.

Please bring along your identity card (or passport), insurance card, your medical reports and findings, CT and MR documentations (electronic files or CD-s).

www.scanomed.hu
info@scanomed.hu

Budapest, Laky Adolf str. 44-46, 1145
Debrecen, Nagyerdei rnd. 98, 4032

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