

### **Preparation for the Exam**

- Please arrive on time. The radiotracer for procedure has a short half-life and is ordered on an individual basis.
- If you need to reschedule or cancel your appointment, please inform us during service hours 2 working days before the examination, otherwise the deposit paid for the ordered radiotracer will not be refunded.

### **Diet & Activities**

- No barium studies within 10 days prior to the examination.
- Fasting for at least 6 hours, including chewing gum. Water is allowed.
- Please stop taking Chinese medicines 7 days before the examination, including health products containing Ganoderma lucidum (Lingzhi) and Coriolus versicolor (Yunzhi).
- Except for diabetes medications, you may take your regular medication as usual with plain water, unless otherwise directed.
- Refrain from strenuous exercise or heavy lifting for 24 hours before the examination.

### **Attire**

- Wear loose, comfortable clothing and avoid zippers, metallic buttons or accessories.
- We provide examination gowns for you, if necessary.

### **Medical History**

- If contrast media is requested, patients aged 60 or above, suffering from diabetes, renal disease, or hypertension on medication, are required to provide Serum Creatinine within the last 3 months.
- If you have any adverse reaction to contrast media, medication, or food, please inform your doctor and our staff.
- Please bring along the latest PET-CT report, as well as other related medical reports, including blood test, images, and reports, for reference.

### **For diabetic patients**

- Please inform our staff if you are diabetic patient.
- Please stop taking your diabetes medication during fasting period and bring it with you. After the examination, resume your normal diet and diabetes medication.
- For patients who are diabetic or suffering from severe renal failure receiving contrast media, we recommend you the possible need to stop taking Metformin for 48 hours after administration and should be resumed only after reevaluation of renal function. Seek advice from the referring doctor.

### **Procedure**

- If you are suspected of being pregnant, breastfeeding or claustrophobia, please inform your doctor and our staff 2 working days before the appointment of the possible need to postpone the examination. If necessary, we will conduct a urine pregnancy test for you.
- The whole procedure takes about 2 to 3 hours and includes the following procedures:
  - We will check your blood sugar level and obtain your medical history.
  - We will explain the risks associated with contrast injection, and informed consent will be obtained.
  - Intravenous injection catheter set up for required pharmaceutical injection.
  - You will be asked to rest calmly for 1 hour during uptake phase after administration. Try to avoid reading or looking at mobile phone during rest to reduce drug absorption in the eye muscles.
  - Imaging part takes 10-20 minutes. A delayed imaging may be performed as indicated.
  - Take at least 10 minutes rest and without any discomfort before leaving.
- The Centre will charge for the medications and laboratory tests related to the scan.

### **After the examination**

- Resume normal diet and encourage water intake. There is no physical restriction.
- Please sit on the toilet for urination to avoid spillage on the floor, close the lid and flush the toilet twice.
- Please avoid prolonged and close contact with pregnant women and children under 12 years old on the day of scanning.

**Remarks**

- If black rainstorm warning, typhoon signal No. 8 or higher, or an extreme condition is in force, the examination will be cancelled. We will contact you during office hours for arrangement.

**Disclaimer**

- This leaflet only provides basic information about the procedure and lists the common risks or complications. The risks or complications that may occur are not exhaustive and may vary from person to person. For more information or individual enquiries, please contact your doctor.

