

F-18 FDG PET-CT (Positron Emission Tomography and Computed Tomography) scan has been arranged for you. PET-CT is a dual-modality imaging study combining metabolic and anatomical information. The PET scan demonstrates regional metabolic information which is usually altered in disease process, while the CT scan reveals the structure and location of lesion within the body. The combination of PET-CT images enables accurate diagnosis and localization of disease.

Medical History

- If contrast media is requested, those who are suffering from diabetes or renal disease are required to provide Serum Creatinine within the last 3 months.
- If you have any adverse reaction to contrast media, 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 Female Patient Only

- The radiation (especially for high dose) may potentially lead to fetal malformation and / or miscarriage in early pregnancy. Female aged between 10 to 60 years old (excluding those with previous hysterectomy) are required to have the consent form signed before examination.

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 1 working day 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.
- Fast for at least 6 hours before appointment time, including chewing gum, candies and congee. You may take medications as usual, with (plain) water.
- Please stop taking Chinese medicines 3 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.
- If applicable, tube feeding, total parenteral nutrition and intravenous fluids containing glucose should be discontinued at least 6 hours before examination.

For diabetic patients

- Please inform our staff if you are diabetic patients.
- 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 diabetic patients on Metformin containing drugs and having renal disease/ impaired renal function (eGFR <30mL/min/1.73m²) or suffering from acute renal failure, Metformin containing drugs should be withheld for 48 hours after IV contrast medium administration. Metformin should only be resumed after confirming normal renal function by blood test. Seek advice from the referral doctor.

Attire

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

Procedure

- If you have suspicion of pregnancy, breastfeeding or claustrophobia please inform your doctor and our staff 1 working day before the appointment for the possibility 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 steps:
 - We will check your blood glucose level and obtain your medical history.
 - We will explain the risks associated with CT contrast administration, and informed consent will be obtained.
 - Intravenous injection catheter set up for required pharmaceutical administration.
 - 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 uptake time to reduce tracer 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 after scanning and ensure 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 after the examination. There is no activity restriction after leaving.
- 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 extreme condition is in force, the examination will be postponed. 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 mentioned risks or complications that may occur are not exhaustive and may vary with different patient's condition. For more information or individual enquiries, please contact your doctor.

Reference: ACR 2024 Manual on Contrast Media, ACR committee on Drugs and Contrast Media