

## Whole-body DOTANOC PET/CT scanning

In a PET/CT study, positron emission tomography (PET) and computed tomography (CT) are performed at the same visit. PET scanning examines metabolism, while CT scanning provides a detailed image of body structures.

The PET/CT scanner has a wide opening (70 cm in diameter), so it can generally be used even for claustrophobic patients.

The scanning visit takes about 3 hours in all.

### How to prepare

Please note the following instructions to prepare for your study:

- **Do not eat for at least 6 hours** before your appointment
- While you are fasting you may drink as much water as you like, but nothing else
- Chewing gum and pastilles are also forbidden on the day of the study
- Avoid physical exertion (bicycling, running or going to the gym) for 24 hours before the study
- Do not drink alcohol for 24 hours before the study
- Do not smoke for at least 2 hours before the study

Pregnant women do not normally have this procedure. If you think you may be pregnant, notify us before you come in for the study.

Small children may not accompany you to the study visit.

For CT scanning, a contrast agent that contains iodine may need to be administered during the study. If you have previously had a reaction to a contrast agent, please notify the PET Centre in advance. A tracer substance is necessary for PET scanning, but the study can be completed without the iodine-containing contrast agent.

### Medications

**Specific instructions for suspending medications are usually provided by the doctor treating you**, but please note the following:

- Short-acting **Sandostatin** will need to be suspended for 24 hours.
- After a long-acting **Sandostatin LAR or Somatuline injection**, PET scanning cannot be performed until at least two weeks have passed.

You can take your other prescribed medications as usual on the day of the study.

## **Diabetics**

If your diabetes is insulin-treated, you may have your usual morning meal and insulin medication. However, **you must fast and take no more insulin for at least 4 hours** before your scanning appointment!

If your diabetes is diet-controlled or treated with oral medication, follow the standard preparation instructions.

## **What to expect at your appointment**

You will be asked to complete an interview form. A medical technician will review the study details with you.

- An intravenous cannula (drip) will be inserted in your lower arm to administer the tracer for the scan. Except for the small prick to your arm, the study will be painless and is not associated with side effects.
- The tracer will be a radioactive substance used to measure metabolic activity in tissues
- After the tracer is administered, there will be a waiting period allowing it to accumulate in the area to be scanned. The wait time will be 60 minutes.
- For the scan, you will lie down on your back on the PET/CT scanner bed, which slides through the scanner opening. You will need to keep still for the study to be successful.
- The scanning takes about 30 minutes

## **After the study**

The PET tracer is not associated with side effects. It does remain slightly radioactive for a few hours, but protective measures against the radioactivity are generally not necessary. We recommend drinking more water than usual after the scan because the tracer will leave your body through urine.

Avoid close contact with pregnant women and try to avoid holding or sitting next to children for about 8 hours after the study.

Nursing mothers must not breast-feed for 10 hours after the study. Any breast milk pumped during this time should be poured down the drain.

The study results will be provided by a doctor at the ward or outpatient clinic that referred you.