PET/CT scan met FDG

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op www.asz.nl/brmo.

albert schweitzer

NB! Important preparation for this test.

- You may **not eat anything** for **6 hours** before the test. You may **drink water**. **Do not** add sugar or syrup to the water.
  (For further information, see page 3: Eating and Drinking).

- If you are scheduled for the test in the afternoon or are a diabetic, we will tell you what time you may eat until (for further information, see page 3: Eating and Drinking).

- You must drink **1 litre of water** in the 2 hours **before arriving** at the Nuclear Medicine Department. You can do this at **home**. You may urinate as normal. **Do not** add sugar or syrup to the water.

- The total duration of the test is about 2 hours.

- It is important to avoid strenuous exercise such as cycling, sports, heavy lifting and heavy physical work for 24 hours before the test.

Introduction

You have an appointment for a PET-CT scan soon. This brochure has more information about the test.

Parking
You will find a parking permit and map at the back of the leaflet to use for a separate car park especially for patients who need to undergo this test.

From this car park, walk under the awning to the special entrance for the PET scan. Ring the bell to be let in.
Walk down the corridor and take the first corridor on the right. This is signposted.

What is a PET-CT Scan?

A PET-CT scan is a test that shows changes in the metabolism of cells. This is done with a small amount of radioactive agent (radioactive sugar) and a special PET/CT camera. The images will help your doctor better understand how to treat you.

Your Experience
We try to explain as clearly as possible what you can expect in terms of discomfort or pain as part of any test. That said, all people experience things differently and in their own way. If there is anything you are apprehensive or anxious about, please let us know so we can take this into account.

The Preparation

Medication

- If you take medicines, you can take them as usual.
- If you are diabetic, please contact the Nuclear Medicine Department in advance. You will then be told whether additional preparation is needed.

Eating and Drinking

- If the test is **in the morning**, you should not eat anything from midnight the night before and drink only water. Do not add sugar or syrup to the water.
- If the test is **in the afternoon**, you may have a light breakfast without sugar up to 6 hours before.
  For example, two rusks with cheese or cold cuts and a cup of coffee or tea **without** sugar. After that, you may only drink water.
  Patients who have to follow a low-carb and high-fat diet are exceptions. They will be given a diet list and can choose something from it.
- If you are a diabetes patient, we will let you know what time you can eat until.
- You must drink **1 litre of water** in the 2 hours **before arriving** at the Nuclear Medicine Department. You can do this at home. **Do not** add sugar or syrup to the water. You can go to the toilet if you need to.
- No chewing gum, including sugar-free gum, from 6 hours before the test.

Clothing

We recommend that you wear comfortable and warm clothes.
Your clothing must not contain any metal pieces. You should also not wear jewellery on the day of the test.

Pregnancy and Breastfeeding
If you (think you) are pregnant or are breastfeeding, call the Nuclear Medicine Department in advance. You will then be told whether or not the test can take place.

The Test

If you bring someone with you to the test, they can wait in the waiting room. They cannot be present during the test.

After you have reported to the Nuclear Medicine Department, a drop of blood will be taken from you via a finger prick. This is used to determine the sugar level in your blood. An IV needle will then be inserted into a blood vessel in your arm. The radioactive agent is given via the IV line.
After the injection, you must rest for at least 1 hour and remain as still as possible. That is why you may not read. You are allowed to listen to music. You may go to the toilet during your rest time.

There are situations when we will give you additional medication during the test:

- Sometimes you may need to be given a tablet with a muscle relaxant effect. You will then **not** be allowed to drive yourself for 72 hours (3 days) after the test.
- Sometimes a medicine to lower blood pressure is needed; this can improve the image quality.

The machine used to take the images.

After the rest period, we will ask you to urinate to empty your bladder. You will then lie down on the scanning table and the images will be taken. You must remain still while resting and while the images are taken.

The imaging takes about ½ hour. The total duration of the test is about 2 hours.

Sometimes it is necessary to take another image later in the day after the first scan. Please keep this in mind.

After the Test

You can return home after the test or, if you are admitted, to the nursing ward.

The Results
The results of the test will be sent to your specialist who requested the test. They will discuss the results with you.

Important

We have ordered the radioactive agent used in this test especially for you. This substance is checked thoroughly before delivery. On occasion, the substance delivered is rejected by the supplier. This often happens just before or during transport to our hospital. We may then have to postpone the test. We realise that this is inconvenient and ask for your understanding.

The substance has a very short shelf life and the costs of the test are high.

We ask:

- You to come to the Nuclear Medicine Department **at the appointed time**.
- That you **call** the Nuclear Medicine Department as soon as possible **if you are unable to attend**. Preferably 48 hours in advance.

To Conclude

If you have any questions after reading this leaflet, feel free to call the Nuclear Medicine Department, location Dordwijk at +31 (0)78 652 32 90. We are available from Monday to Friday between 08:00-16:30. We will be happy to help you.

Route to the Car Park

There is a separate car park especially for patients who need to undergo a PET-CT scan at the hospital. You may park here free of charge on the day of the test with the parking permit from this leaflet. **Fill in the parking permit card and display it prominently behind the windscreen of your car.** Without this card, you may receive a parking fine. Incomplete cards are also not valid.

Follow the yellow signs saying 'PET scan':

- From the N3, go straight ahead on Overkampweg.
- Turn right after the police station and the high-rise buildings.
- Follow the road until you reach the car park.

Parkeerontheffing

Naam: _____

Kenteken: _____

U heeft een afspraak op:

_____dag _____om _____uur.

Albert Schweitzer ziekenhuis
september 2026
pavo 1794