

PET/ CT SCAN

PET/CT scan (positron emission tomography) is a type of nuclear medicine imaging that uses both computer tomography and for diagnosis. FDG-PET/CT is used to detect a variety of diseases such as cancer, inflammatory and infectious diseases. Nuclear medicine exams can pinpoint molecular activity so they have the potential to identify disease in its earliest stages. They can also show whether a patient is responding to treatment.

Preparation before the scan

- Do not drink caffeine 24 hours before examination, that includes coffee, black tea, cola drinks, energy drinks and also do not eat dark chocolate
- Do not eat 6 hours before the exam

That includes no chewing gum or caffeine

- Only drink water in those 6 hours
- Drink 500 ml of water 30 minutes before arrival
- No physical exercise 24 hours before exam
- Routine medication can be taken, except diabetes medicine

Contact us if the following applies:

- If it is less than 2 weeks since chemotherapy
- If it is less than 2 months since the last radiation treatment
- If it is less than 3 months since surgery or biopsy
- If pregnant or breastfeeding

Contact us if you have diabetes, because special arrangements must be made

- Diabetes Type 2: do not take the medication on the day of the exam
- Diabetes Type 1: contact us



We are located at Landspítali Hringbraut, department 10G (Ísótópastofa). Please use the entrance near Eiríksgata. Please remember that the parking closest to the hospital may require payment.

On arrival

- Wear comfortable clothes that do not have metal (e.g bra, zippers and buttons,)
- We will ask a few health questions
- We will measure your blood sugar (blood sugar value must be under 10)
- A needle is placed in a vein, which will then be used to inject the radioactive isotope and contrast agent.

Once we have injected the radioactive isotope, you will have to

- Lie still and relax for 30 minutes
- Drink water and wait 20 minutes
- Empty your bladder before the scan
- The scan itself takes 30 minutes

A delay may occur do to delay in the production of the radioactive material.

After the scan

- You will be radioactive for 6 hours after the exam so it is recommended to keep at least 2 meters distance from other people, especially children.
- Nursing mothers should not breastfeed for 8 hours. The reason being a mother should not hold a baby so close during the time radiation is in her body, there will be NO radiation in the breast milk.
- It is recommended to drink well and eat afterwards.
- The results of the scan are delivered within two weeks to the physician who ordered the study.

You are welcome to contact us if you have any questions:

The Isotope department

Telephone: **543 5050**

Email: isotop@landspitali.is

Please notice. The hospital cannot be held responsible for the loss of cash or other valuables, such as phones, computers, and things of that nature that patients, relatives, or friends bring along. All the staff and students at the hospital are bound by confidentiality and may therefore not discuss issues regarding any patients. We would kindly ask you and your relatives not to discuss what you might see or hear about other patients. Landspítali is a teaching hospital and students in health studies and related fields take parts of their courses at the hospital. Students/interns observe and participate in the daily treatment of patients and are always under guidance and responsibility of their instructors.