

# Your PET-CT Scan and You

## Information about your scan

### Your Well-Being

- You are having a PET-CT scan so that your doctor or health care practitioner can either make a diagnosis or monitor the progress of your treatment.
- PET-CT scans involve the use of radiation. We make sure when you have your scan that the benefits from making the right diagnosis or providing the correct treatment outweigh the low risk involved with the radiation itself.

### Our Standards

- Our PET-CT equipment is regularly maintained and checked by our Technologists and Medical Physics staff.
- These checks ensure the amount of radiation we use is kept as low as possible to get the information we need.

### About Radiation and X-Rays

- To perform your PET scan we will give you a small amount of radiation, this is given by injection.
- You will also have a CT scan. CT scanners use radiation to generate the 3D "pictures".
- Your PET and CT scan pictures are taken using a combined PET-CT scanner.
- After your scan you will still have radiation in your body. This will naturally decay away. We ask that you restrict your contact with children or those who are pregnant for 8 hours after your scan.
- We are all exposed to natural background radiation every day of our lives. This comes from our environment, the air we breathe, the food we eat and even from outer space (cosmic rays).

### Putting it in Perspective

- By having a PET-CT scan you will receive a small amount of radiation in addition to the natural background radiation you already receive.
- The amount of radiation you receive is small. It is equivalent to what you might be exposed to naturally over 3 – 7 years, depending on the type of PET-CT scan you are having.
- The test you are having today carries a low risk from radiation.

If you would like more information about the radiation you will receive for your particular test please ask a member of staff.

#### Pregnancy and Breastfeeding

If you are pregnant or think you may be pregnant, or are breastfeeding, please inform a member of staff immediately.



#### Age

The risks from radiation are lower for older people and higher for children. The amount of radiation used is carefully monitored for all patients and is reduced for young patients.

#### Did you know?

Over 7000 PET-CT scans are performed in Scotland every year.



PET-CT Scanner



PET-CT Scan

#### Consent

Please feel free to ask your doctor or a staff member if you have any further questions. You can refuse to have the test if you do not feel you have sufficient information.