

INSTRUCTIONS about the PET/CT scan

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| <p>BEFORE THE EXAMINATION</p> | <p>You must contact us prior to your scheduled appointment if:</p> <ul style="list-style-type: none"> ▪ you are pregnant or breastfeeding ▪ you are a diabetic ▪ you have been scheduled for other medical exams on the same day ▪ you suffer from allergies, asthma or epilepsy ▪ you have undergone chemotherapy or radiotherapy in the last two months <p>In addition:</p> <ul style="list-style-type: none"> ▪ It would be advisable to be accompanied by a friend or relative. ▪ Please deposit the amount for the radiopharmaceutical (€873.92) in Alpha Bank (Account No: 129-00-2002-000036, Reason: Your surname, for PET), one day before the exam. Make sure you bring the deposit slip with you on the day of the exam. |
| <p>ON THE DAY OF THE EXAMINATION</p> | <ul style="list-style-type: none"> ▪ You must not have consumed any food on the actual day of the exam and your last meal must have been consumed on the previous evening. ▪ Your blood sugar level must be normal; otherwise the exam cannot be performed. <ul style="list-style-type: none"> - If you are a diabetic, you must regulate your blood sugar level (blood sugar level within normal limits). You must not take any medications on the day, until the exam is over. - If you are on insulin, you must regulate their blood sugar level at 150 units, after consulting your physician, and you must not have an insulin injection on the day, until the exam is over. - If the blood sugar level is over 150 units, the exam cannot be performed. ▪ You must drink plenty of water (non-carbonated) before leaving your house for the hospital (4-5 glasses of water). ▪ It is important to bring all relevant tests results with you on the day of the exam. ▪ You must arrive for your appointment on time. If you cannot make it or will arrive late, please notify us as soon as possible. |

| GENERAL INFORMATION ABOUT THE EXAM PROCEDURE | |
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| ARRIVING AT THE PET/CT DEPARTMENT | <p>The procedure lasts approximately 2 hours (preparation & exam time).</p> <ul style="list-style-type: none"> When you arrive at the PET/CT Department, you will be asked to change into a hospital gown and remove all jewelry and metal items. We will draw blood to check your blood sugar level. We will then administer the radiopharmaceutical suitable for your exam intravenously. There are no side-effects associated with the injection and you will not feel any differently. Once the injection has been administered, you will lie down to relax in a special room, for about one hour. For the exam, you will lie on the PET/CT scanner (which is an open-type device, similar to a CT scanner). You will remain relaxed in that position for 20 to 45 minutes, i.e. the time required for the exam. |
| WHY DO YOU HAVE TO BE ON TIME FOR YOUR APPOINTMENT | <ul style="list-style-type: none"> You must arrive for your appointment on time because the radiopharmaceutical we administer has a very short half-life (i.e. it decays rapidly). Consequently, we will not be able to perform the exam if you arrive late. If you cannot make it or will arrive late, please notify us as soon as possible. <p>Note that we have to order the radiopharmaceutical <u>24 hours prior to the exam</u>. Therefore, if you do not arrive at the hospital at the scheduled time, we will unfortunately charge you for the cost of the radiopharmaceutical.</p> |
| AFTER THE PET/CT SCAN | <ul style="list-style-type: none"> Once the exam has been completed, you will change into your clothes and may depart immediately. We advise you to avoid coming into contact with pregnant women or children for up to 8 hours after the exam. We advise you to drink plenty of fluids, as this will assist in removing the radiopharmaceutical from your body. Do not forget to flush the toilet twice after you have urinated. You may eat or drink as usual. |
| RESULTS | <ul style="list-style-type: none"> Ample time is required for collecting, processing, studying and evaluating the exam data. For this reason, the complete medical report, the films and the CD with your test results will be available in 2 working days. |

| GENERAL INFORMATION ABOUT THE PET/CT SCAN | |
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| <p>WHAT IS A PET/CT SCAN?</p> | <ul style="list-style-type: none"> ▪ PET stands for Positron Emission Tomography. It is an imaging test that uses short-life isotopes – and mainly the radiopharmaceutical 18F-FDG, which is similar to glucose – to compose images that show the metabolic activity of your body. ▪ Computed Tomography (CT) uses X-rays to compose images that visually represent the various human body organs (anatomy and metabolism). ▪ By combining these two techniques in a single system (the PET/CT scanner), it is possible to extract valuable information that will assist your physician to plan the most suitable treatment for you. |
| <p>ARE THERE ANY SIDE-EFFECTS?</p> | <ul style="list-style-type: none"> ▪ There are no known side-effects or allergic reactions associated with the IV administration of radiopharmaceutical 18F-FDG. ▪ A small radiation dose is required for performing the exam, but the risks associated with it are minimal. ▪ In some cases, the physician may request that you are administered a sedative to reduce muscle contraction prior to the exam. |

This brochure answers all the usual questions we get asked with regard to the PET/CT scan. However, if you have any further questions, do not hesitate to contact us on +30 210 686 7199.

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