

PET/CT Scan

Jáeindaskann

This is a test that provides information on abnormalities or inflammation in the body. A radioactive tracer is administered intravenously, and a computed tomography scan is performed.

The examination will take two hours. It is not recommended that a family member wait in the ward while the examination is conducted. If a failure in the production of the radioactive tracer occurs at short notice, the examination may need to be rescheduled for another day.

Before the examination is booked, the Department of Radiology must be informed if the following applies, as it may affect the examination.

- The examination takes place less than two weeks from the patient's last chemotherapy session.
- The examination takes place less than eight weeks from the patient's last radiation therapy session.
- There are less than six weeks since the patient had surgery.

Please let the staff know if the patient is pregnant or nursing when scheduling the examination.

Preparation

- Do not drink caffeine 24 hours before the examination. Food and beverages containing caffeine include coffee, black tea, cola drinks, energy drinks, and dark chocolate.
- You must fast for six hours prior to the examination. You can only drink water while fasting and neither use chewing gum nor throat lozenges.
- You must drink half a litre of water 30 minutes before the examination.
- Avoid physical activity for six hours prior to the examination.
- You can take all your regular medicines except antidiabetics and steroids.

Use of steroids

Medicines that contain steroids, including Dexamethasone, Prednisolone and Hydrocortisone, must be discontinued three days before the examination unless otherwise determined by your doctor.

Allergy

If there is known allergy to iodinated contrast media, please contact the reception of the Department of Radiology two days prior to the examination so specific preparations can be made.

Diabetes

The blood glucose level must be below 10 mmol/L to carry out the examination.

a. Type 1 diabetes: Contact the Department of Radiology, as special arrangements must be made

b. Type 2 diabetes: Do not take anti-diabetic medication on the morning of the examination.



It is best to use the entrance from Eiríksgata and present yourself at the front desk of Ward 10G.

Please note that parking is subject to a fee.

Day of the examination

- You can wear your own clothes, but they must not contain metal, e.g. a zipper or metal buttons, as metals can interfere with the examination.
- Jewellery must be removed before the examination.
- On arrival at the ward, we will ask you a few questions about your health. A catheter is inserted into your vein and a radioactive tracer is injected.
- Blood sugar levels are measured on arrival at the ward.

The examination

- 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.

After the examination

- Results will be delivered within a week to the doctor who ordered the test.
- It is important to drink plenty of fluids for the rest of the day of the examination as the agent is excreted from the body in the urine.
- Since radioactive material is used, extensive physical contact with others should be avoided for six hours following the examination, while the agent is excreted from the body. It is important to avoid any physical contact with pregnant women or holding children in your arms as they are more sensitive to radiation than adults.
- As the intravenously administered agent does not have a sedative effect, you are safe to drive after the examination.

Feel free to contact us if you have any questions.

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