

Information for patients having an F-18 Choline scan

Please allow 2.5 hours for your appointment

How should I prepare for the scan?

You must have **nothing to eat** for **six hours** prior to your appointment (this includes chewing gum, cough sweets, cough syrup, cough lozenges and sweets). You may drink during this time and it is recommended that you drink at least one litre (two pints) of water.

On the day of your scan

You will be asked to change into a gown if necessary and your height and weight will be taken. A technologist will go through a brief questionnaire with you before putting a cannula (little tube) into a vein in your arm. You will receive a radioactive injection of F-18-Choline into the cannula. In some patients images may need to be acquired immediately after the injection. After this, there is a rest period. During this rest period, you will not be permitted to have family or friends with you. There will be staff present to monitor your needs at all times. You may bring music with you if you wish, such as an iPod or MP3 player.

Following the 60 minutes of rest, you will be taken through to the PET/CT scanner where your scan will take approximately 20-30 minutes. However, depending on the nature of your scan this time may vary.

After your scan is finished and we have checked your images, you will be allowed to leave the department. We will forward the results of your scan to your referring doctor within two working days.

What are the risks?

The amount of radiation that you will receive from the scan is equivalent to four to five years of background radiation. If you have any concerns about radiation you can ask to talk to a physicist or a doctor in the nuclear medicine department.

There are no side-effects associated with the scan and once you finish your test you may resume normal activities, although we advise you not to spend prolonged time in close contact (<1m distance) with pregnant women or small children for six hours following your scan.

Please note that Choline is produced off-site on the day of your scan and unforeseen delays in delivery may occur. Although rare, production failures may also occur resulting in your test being rescheduled. If this is the case, we will try to inform you as soon as possible.

Please be aware that extremely sensitive radiation monitors now exist at airports, seaports and some train stations. It is possible that these will detect even the small amounts of activity remaining in your body after the procedure. Personnel operating these devices are aware of this possibility and may need to ask you about your recent test. Carrying this letter will provide the information they require. Ask in the department how long you should carry the letter or any other questions you may have.