

THE HARLEY STREET CLINIC®



A GUIDE TO YOUR
PET/CT SCAN

The Harley Street Clinic offers world-class private cancer screening, diagnosis, treatment and follow-up with London's leading cancer consultants, using the most advanced technology and drugs

A GUIDE TO YOUR PET/CT SCAN

Your consultant or GP has requested that you have a PET/CT scan. You should allow 2–3 hours at the Clinic whilst we carry out the relatively simple procedures including the scan. Please do not hesitate to contact us if you have any concerns that are not explained in this leaflet.

WHAT IS PET/CT?

PET stands for Positron Emission Tomography. PET is used to help the diagnosis and management of many diseases. These include cancer, epilepsy and heart disease. Using a radioactive tracer, we are able to see how the cells in your body are functioning.

CT (Computed Tomography) produces a detailed anatomical map of the body and shows structural abnormalities in fine detail. When the pictures are combined your doctor will have images that will assist in deciding what will be the best treatment for you.

IS IT SAFE?

There are no known side effects from the injection of the radioactive tracer. There is a small amount of radiation involved in having a PET/CT scan but the benefits of this combined modality greatly outweigh any potential risk. All procedures are regulated in accordance with current legislation.

BEFORE YOUR SCAN

Please contact the centre before your appointment if you:

1. Are diabetic
2. Are pregnant or think you might be
3. Are breastfeeding
4. Are caring for small children after the scan
5. Have any concerns regarding disabled access
6. Suffer from allergies or asthma
7. Have any concerns about the scan.

Please contact your insurer to get authorisation for the procedure.

ON THE DAY OF YOUR SCAN

Please do not have anything to eat or drink for six hours prior to your appointment (except water). This includes tea, coffee, cough medication, chewing gum and breath fresheners.

Take any prescribed medication as normal unless you are diabetic (please contact the centre for instructions).

Avoid strenuous exercise for 24 hours prior to your appointment.

Wear loose and comfortable clothing.

You may bring an MP3 player or CD to listen to during the procedure.

DURING THE PROCEDURE

Shortly after you arrive, you will be taken into a private room. A member of staff will ask you about your medical history. We will also check your height and weight.

A small plastic cannula will be inserted into your arm or hand. Your blood sugar levels will be measured.

You will then be given the injection of a radioactive tracer through the cannula. This will not make you feel any different. You will be asked to rest quietly for approximately 1–1½ hours while the tracer circulates through your body.

After the rest period, you will be asked to change into a patient gown and go to the toilet to empty your bladder. For the scan, which takes about 30 minutes, you will be lying on a scanning table. The CT scan is taken first, followed by the PET scan. During both of these scans there is no need to hold your breath, only to lie still. You will notice the scanning bed move slowly through the scanner.

Throughout the procedure we can see you and you will be able to communicate with us. Once the scan is finished you will be able to get changed back into your clothes.

AFTER YOUR SCAN

A selection of tea, coffee and biscuits will be available for your convenience.

You will be given a CD that contains all the images from your scan. The report, along with a CD of your scan, will be sent to your Referring Doctor within 24 hours.

After the scan you should feel no ill effects and you may resume your normal diet. However, it is advisable to drink additional fluids for several hours after the scan.

We also recommend that you do not have prolonged close contact with small children or pregnant women for six hours after your scan.

Please note

The tracer we use has a very short half-life and therefore we cannot keep it in stock. This means that it is produced each morning at a different site. Since this process is extremely complex, it may mean on rare occasions that we need to rebook your appointment or make it later on in the day, due to production problems. We will try and let you know as soon as possible if this occurs.

If for any reason you are unable to attend your appointment, please give us 24 hours' notice. Otherwise a small fee may be payable to cover the cost of the radioactive tracer ordered specifically for you.

COMMENTS AND COMPLAINTS

We aim to provide a caring, high quality service and are always pleased to receive feedback from you, or your family or friends. We also welcome comments with regard to this patient guide.

If you are happy with your own experience we would like to hear from you – this helps us to know when we get it right. But more importantly, we need to know when we have not met your expectations. As part of our commitment to continuous improvement we obtain feedback from patients. Taking account of your views and priorities is vital to our drive to improve our service year on year. The feedback received from our satisfaction surveys remains anonymous and is reviewed regularly.

A leaflet entitled 'A guide to making comments and complaints' detailing our complete complaints procedure can be obtained from reception if required.

HOSPITAL REGISTRATION

HCA Hospitals are regulated and inspected by the Care Quality Commission (CQC).

The CQC follow the Essential Standards of Quality and Safety in Healthcare as set out in the Health and Social Care Act 2008.

The Harley Street Clinic is registered as a location of HCA International Ltd providing acute care to paediatric and adult service users under the regulated activities:

- Treatment of disease, disorder or injury
- Surgical procedures
- Diagnostic and screening procedures
- Family planning

In line with the registration requirements outlined in the regulations there are other registered providers within the campus, they are:

- The CyberKnife Centre London (Robotic Radiosurgery LLP)
- The Molecular Imaging Centre (PET CT LLP)

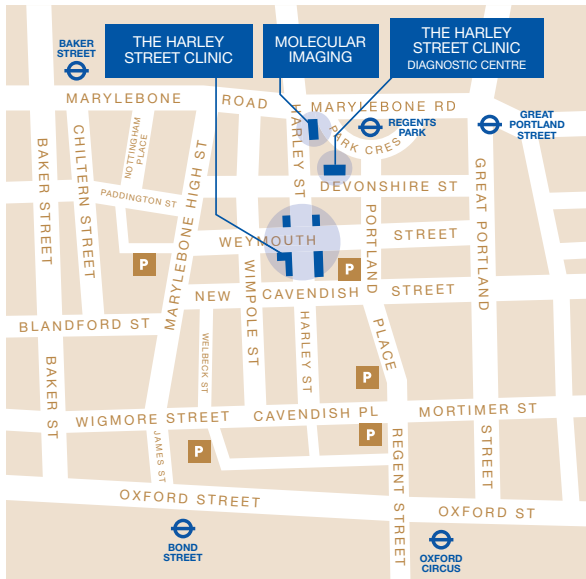
The Hospital and the other registered providers listed are linked and work closely together to provide the services of The Harley Street Clinic.

The registered manager is Aida Yousefi, Chief Executive Officer.

A copy of the Hospital's most recent inspection report is available on request. If you wish to view this or would like to request a copy please contact the Chief Executive Officer.

Copies of the report can also be obtained from the regulatory body website as indicated below.

Care Quality Commission
www.cqc.org.uk



How to find us

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www.theharleystreetclinic.com
www.molecularimaging.co.uk

By Car

The nearest long stay car parks are located at Cavendish Square (W1G 0PN) and Queen Anne Mews (W1G 9HF). Short stay meter parking is also available in surrounding streets as well as on Harley Street.

By Train

The nearest tube stations are Regent's Park (Bakerloo line), Baker Street (Bakerloo, Circle, Hammersmith and City, Jubilee and Metropolitan lines) and Bond Street (Central and Jubilee lines).

By Bus

Bus routes 18, 27, 30, 205 and 453 all stop near the Molecular Imaging Centre. Please alight at the Harley Street bus stop on Marylebone Road.