

PET Appointment Preparation Instructions

Patient Name: _____

Appointment Date: _____ Appointment Time: _____

- **Section 1** details how you need to prepare for your PET scan.
- **Section 2** requires you to provide the PET centre with some information (preferably 72hrs) before you attend for your appointment.

SECTION 1 Preparation for PET Scan

- Please follow the instructions below.
- ***If they are not followed there may be a delay, cancellation or rebooking of your appointment.***
 - **Fast for 6 Hours prior to your appointment.** Nothing to eat or drink except **plain water** (tap water or still unflavoured bottled water).
 - For a MORNING appointment fast from midnight.
For an AFTERNOON appointment you may have a light **sugar free** breakfast before **6am** (eg. toast with cheese and/or vegemite, or poached eggs on toast)
 - ***No tea, or coffee (this includes Decaf coffee/tea and herbal teas)***
 - ***No Coca Cola or soft drinks (including Diet, no sugar or caffeine free) and no flavoured bottled water, juice or cordial***
 - ***No lollies, gums or mints***
 - **Drink at least 3 glasses of plain water** (500ml) so that you are well-hydrated. Can use the bathroom as needed.
 - Take your regular medications as normal – EXCEPT diabetic medication
 - **If you have diabetes or take diabetic medication** contact Cabrini PET (9508 7419) for personalised instructions.
 - If you are breastfeeding/ bottle feeding an infant please contact Cabrini PET for further instructions.
 - If you are around young children or pregnant women the day of the scan please contact Cabrini PET for personalised instructions
 - Wear comfortable, loose and warm clothing. Remove jewellery prior to attending and avoid wearing clothing with lots of metal (eg. jeans).
 - No high intensity exercise on the day of your scan.
- A PET scanning appointment will take approximately 2 hours. However please leave plenty of time as these appointments can take longer in certain circumstances.
- The PET scan involves an injection of a **radioactive tracer** into a vein in your arm. This tracer will not make you feel any different. Following this injection, you will be required to rest quietly in a private room on a reclining chair for 1 hr. You will not be able to read or hold a mobile device, televisions are provided or you may listen to your own music, please bring your own headphones.
- Your scan will then begin it will take approximately 30min.
- There will be **NO RESULTS** given at the time of the scan. Results will be forwarded to your referring doctor.
- You may drive and resume normal activities after your PET scan is complete.

SECTION 2 Patient Information

Appointment Date: _____ Appointment Time: _____

Name _____ Date of Birth __/__/____

Contact number _____ Email _____

To be completed and sent to Cabrini PET centre **72 hours prior** to appointment time**Fax:** 9508 1308 or **Email:** nuclearmedicine@cabrini.com.au

Weight: ____ kg

Claustrophobic: Yes / NoDiabetic: Yes / No If yes; Type 1 / Type 2

Insulin Type: _____ Oral Medication: eg. Metformin _____

Current Medications: _____
_____**Recent Previous Imaging** PET Date _____ Location _____ CT Date _____ Location _____ Nucmed Date _____ Location _____ MRI Date _____ Location _____ Other _____ Date _____ Location _____**Therapy since LAST PET scan** None Chemotherapy Date _____ Location _____ Radiotherapy Date _____ Location _____ Other Date _____ Location _____Private patients

PET Procedures will incur a \$185.00 patient out-of-pocket cost per visit for Medicare funded items. Not all PET imaging examinations attract a Medicare Rebate, some of these scans will incur an \$870.00 out-of-pocket cost per scan. Please call 9508 1429 for the cost.

Pensioners, Concession and Cabrini Cardholders

PET procedures will be bulkbilled for Medicare funded items. For non-Rebatable examinations, the out-of-pocket cost per scan is \$870.00.

Third Party Claims DVA/WorkCover/TAC

Patients will be billed to the relevant authority. However, should the claim be rejected, it is the patient's responsibility to settle all outstanding accounts. An account will be sent to the patient for payment. Please bring in relevant cards or claim numbers and insurer details to your appointment.

Overseas Insurance is not accepted at Cabrini Health. As such, it is the patients' responsibility to settle all outstanding accounts. An account and receipt will be provided.

Signature: _____ Date: _____