

PET-CT AND YOU

A guide to your scan,
your care and
what happens next.



At Life Healthcare, we're
committed to providing
advanced medical imaging and
compassionate, patient-led care.

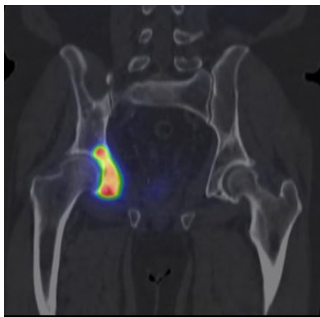
Every step of the way.

What is a **PET-CT scan** and why does it matter?

A **PET-CT*** scan combines two powerful technologies to give your doctors a clear and detailed view of your body. It shows not just where cancer is, but also how it's behaving.



The CT scan shows your body's structure, like a road map.



The PET scan highlights cell activity, like the traffic on those roads.

Cancer cells tend to use more glucose than healthy cells. PET-CT uses a safe, low-dose radioactive glucose to highlight areas of high activity, helping doctors make better-informed treatment decisions.

Where PET-CT is most useful

- Lymphoma
- Lung cancer
- Breast cancer
- Prostate cancer
- Colorectal cancer
- Melanoma
- Head and neck cancers
- Oesophageal cancer
- Cervical and other gynaecological cancers

The scan helps your doctor understand how the cancer is behaving and what the next best step is for you.

*Positron Emission Tomography — Computed Tomography

Getting **ready** for *your scan*

Your care team will give you clear instructions, but in general:

- 01 Don't eat for 4–6 hours before the scan.
Water is usually fine.
- 02 Avoid strenuous activity the day before.
- 03 Let your team know if you're diabetic or taking any chronic medication.
- 04 Wear loose, comfortable clothes that have no metal fastenings on them.

After your scan:

What to expect

Once the scan is complete, you can go home and resume most normal activities. Drinking lots of water helps flush the tracer from your body.

The scan will be reviewed by a nuclear medicine specialist and radiologist and your doctor will contact you with the results within a few days.

Waiting for results can be tough. Some people even call it “scanxiety”. Try to stay busy, talk to someone if you’re feeling overwhelmed and remember that this scan is giving your care team the information they need to move forward with clarity and confidence.

You can also try to alleviate anxiety by:

- **Preparing for your follow-up:** Schedule your next appointment or make a list of questions to ask your doctor about the results.
- **Staying informed:** Take time to learn more about PET-CT scans and how they support your treatment plan.
- **Staying connected:** Reach out to support groups or online communities and forums where others share similar experiences.

Remember that this scan is giving your care team the information they need to move forward with
clarity and confidence.

Frequently asked *questions*

Q **Is the scan painful?**

No. Aside from mild discomfort from the injection, the scan itself is painless and generally quiet.

Q **Is it safe?**

Yes. The radiation is very low and leaves your body naturally within hours. You may be asked to avoid close contact with young children or people who are pregnant for the rest of the day as a precaution.

Q **Will I feel any side effects?**

Most people feel completely fine after the scan. The tracer doesn't cause any sensations or discomfort and side effects are rare.

Q **Can I eat after the scan?**

Yes, you can return to your normal meals unless your doctor tells you otherwise. Staying hydrated helps flush the tracer out of your system more quickly.

You're in **capable, caring** *hands*

At Life Healthcare, your scan is just one part of a carefully planned journey. Behind the scenes, a team of experts, including radiographers, nuclear medicine specialists, radiologists, oncologists and nurses, works together to ensure that every decision is based on the most accurate information available.

We believe in personalised care,
clear communication and supporting you
through every step.

To learn more about PET-CT or explore
our patient-friendly resources,
visit the diagnostics home page on the website
or speak to your Life Healthcare team.



Making life better