

## PET/CT or PET/MR of the Prostate or the Parathyroid Glands with F-18- Choline

Dear patient,

We welcome you to your appointment in our service, taking place in the near future.

Please bring your insurance document or a copy of your insurance certificate with you.

### What is a PET/CT or PET/MR?

PET (Positron Emission Tomography), CT (Computed Tomography) and MR (Magnetic Resonance Imaging) all produce cross-sectional images of your body. In PET/CT and PET/MR, two of the examinations are combined within one scanner.

**PET:** a small dose of radioactive tracer given to the patient sends rays from within your body. The PET scanner localizes the tracers' whereabouts and represents it in cross-sectional images of the patient.

**CT:** in CT, X-rays travel through the patient and are weakened. The weakening is a measure of these densities of various body tissues. The reconstructed cross-sectional images depict these densities throughout the patient.

**MR:** the patient - placed in the scanner - is exposed to one strong and weak variable additional magnetic fields. Radio waves are sent into the patient, interact with body tissues and produce other radio waves. As they characterize tissues of the patient, the waves are recorded and reconstructed into cross-sectional images.

### Preparation for PET of the Prostate and the Parathyroids

- Stop intake of fluids and food for at least 6 hours (unsweetened mineral water ok, NO chewing gum, NO candies)
- Take medications as prescribed
- If using an insulin pump, you should call us no less than a day prior to the examination
- For women only: in case of existing or potential pregnancy or if you breast-feed, please contact staff prior to the examination.

Avoid the following foods at least for the last 24 hours prior to the examination:

- Eggs (egg yolk), egg derived products
- Meat and fish containing products

(including liver, heart, kidneys)

- Wheat beer and nuts, walnuts etc.
- Vitamin drinks and preparations
- Food additives containing Choline

If you have experienced claustrophobia in the past, please let our medical technicians know. If you have any questions prior to the examination, please contact our PET-center at +41 (0) 44 255 18 18 (choose option 3).

Please bring a 2 CHF coin with you to securely place your belongings in one of our safety lockers.

It is important, that you arrive on time for the examination. Tracers are ready made and will decay, if not used on time.

### F-Choline PET/CT or PET/MR examination

In the PET-Center our technicians await you.

Total examination is approximately 30 minutes.

You will be placed on the examination table of PET/CT or PET/MR, and a low dose CT or a short MR scan will be performed. Then you will receive an injection of the radioactive tracer (F-Choline in this case, see above). Two minutes after the injection, the PET scan will be started. It is important, that you do not move at all during image acquisition.

### After F-Choline-PET/CT or PET/MR exam

**You should not be accompanied by children or adolescents to the exam.**

### Reporting

Evaluating your PET/CT or PET/MR exam takes time. Thus, no results can be given right after the exam. A report will be sent to your physician usually by the end of the examination day.

### Please note:

If you need to cancel or delay your examination appointment, please contact us the latest on the working day prior to the examination. Otherwise, we need to charge you for the costs generated. Contact: +41 (0) 44 255 18 18 (choose option 3).

