Dear patient

On behalf of the Director of our Nuclear Medicine Service and the Management of University Hospital Zurich we cordially welcome you. We expect you for an outpatient examination.

Upon arrival at the hospital, please present yourself to our reception desk, located immediately to the right of the main hospital entrance. For administrative purposes, bring along your insurance certificate and show it to our receptionists.

What is a PET/CT or PET/MR?

PET (Positron Emission Tomography), CT (X-ray Computed Tomography) and MR (Magnetic Resonance Imaging) all provide cross-sectional images of your body. PET/CT and PET/MR are combined examinations called a hybrid PET.

PET: a small dose of radioactive tracer injected sends rays from within your body. The PET scanner localizes the whereabouts in cross-sectional images. CT: X-rays travel through you and lose energy, which is a measure of body tissue densities. Reconstructed CT-images depict these densities.

MR: Exposed to a strong and several weak additional magnetic fields, radio waves are sent into you. They interact with body tissues and are re-radiated. As these waves characterize tissues, they are recorded and reconstructed into cross-sectional images.

Preparation for inflammation/infection PET scan

Please follow the ensuing dietary instructions, which are absolutely critical for performing the cardiac PET examination planned on you.

If you do not adhere to these instructions, the PET scan may well be useless, thus a waste of money.

Lunch/dinner preceding examination day:

Please eat a carbohydrate-free diet. Not permitted are: Carbohydrates such as pizza, pasta, bread, milk, cheese, muesli, potatoes, rice, cake, fruit, fruit juice, cola (and all other sugar containing drinks), alcohol, sugar, artificial sweeteners, chewing gum. Please check the product information on the package of the foods, you want to consume. Permitted foods are: Poultry, salads (no balsamic vinegar, no mustard in the sauce), fried eggs, fish, meat, tea and coffee (NOT containing sugar, milk or cream), water.

Note: it can be dangerous to have an MR examination, when you have metallic implants or splinters or electric devices such as pacemakers in your body. Please inform our reception desk on this at least a day prior to the examination.

In the morning of the examination day:

No intake of any food. Drinking water is permitted. Thank you for your understanding and cooperation.

PET/CT or PET/MR exam proper

The entire examination lasts around 2 hrs. Initially, we inject an anticoagulant and a radioactively marked glucose solution, which both have no adverse effects. After this, you will be resting in a darkened room for 50 minutes so that the sugar infusion can distribute properly in your body. Then the PET/CT or/MR is done taking around 20-40 minutes.

After the PET/CT- or PET/MR examination

No activity restrictions after the examination.

If you take care of children younger than 7 years, please contact us. Note that children and young adults should not accompany you to the examination.

The evaluation of your examination takes some time. Hence, we cannot give you any results right after the examination. We will transmit the results and the images taken to the referring physician as soon as they are ready.

Please note:

If you are unable to keep your appointment, you have to let us know by phone no later than noon of the day preceding the examination. Else we have to bill you for the cost of the examination.

Phone: +41 44 255 35 55

Parking space around the University Hospital is very limited and maximum parking time is two hours. We kindly ask you to use public transportation, whenever possible.