

## **<sup>18</sup>F-CHOLINE PET SCAN – INFORMATION SHEET**

Sir, Madam,

You are to undergo a <sup>18</sup>F-CHOLINE PET scan. The substance used is not an allergen.

**On the day before the scan**, you should avoid foods high in choline, such as eggs, beef, and salmon. You should also avoid strenuous physical activity.

**On the day of the scan**, you must:

- Not eat anything for at least four hours before the scan,
- Drink plenty of water, to ensure you are well hydrated before the start of the scan, and urinate as frequently as possible during the first few hours after the scan.

<sup>18</sup>F-CHOLINE (known as a radiotracer), which is very slightly radioactive (20 µSv per MBq of tracer injected), is injected into a vein in the arm. The exam lasts around one and a half hours. Afterwards, the doctor will see you and hand you the images taken (the results will be faxed directly to your own doctor).

- You **MUST CONFIRM your APPOINTMENT 48 HOURS before the exam** by calling the following number: +377 97 98 96 59. **If you do not confirm your appointment, it will be cancelled.**
- Please bring your prescription and social security card (Carte Vitale).
- Please bring the dose of **PSA** (usually when the exam is looking for prostate diseases) and your **most recent scan results**.
- You must under no circumstances be accompanied by a pregnant woman or young children, nor have any contact with them at any time during the day of your scan.

### **IMPORTANT:**

- We are dependent on an external supplier for the <sup>18</sup>F-CHOLINE used. The product is brought in from a site located some distance away (Italy, or the Bouches-du-Rhône in France) and has a half-life of 2 hours (meaning that half of it disappears every two hours), so it cannot be stored.
- If, for technical reasons, the delivery is cancelled or the batch delivered is unsuitable for patient use, your examination will be postponed.
- Sometimes we are only notified of this on the day the product is due to be delivered, and **it is possible that your appointment may be cancelled at the last minute**. We are in no way responsible for any such cancellations, as the laboratory that supplies the product may suspend its use at the last minute, for your safety.

Your doctors will be available to provide additional information if you wish.