

Metabolic PET/MRI of the lower abdomen (prostate)

The examination can determine if there are signs of malignancies in the prostate, or elsewhere in the body.

Please reserve approximately 4 hours for your visit.

Please familiarise yourself with the patient information form in advance. Bring the filled form with you to the appointment.

Before the examination

To empty your bowels, you need to buy a Toilax kit from a pharmacy. The kit has 4 tablets and an enema. You do not need a prescription for this kit. It is important that you empty your rectum according to the instructions.

One day before the examination:

- Eat and drink as usual.
- Take your prescribed medication as usual.
- Take 2 Toilax tablets in the morning. Please see the Toilax package for instructions.
- Take 2 Toilax tablets in the evening.

On the day of the examination:

- Remove all jewellery and leave them at home.
- Administer the enema at home 3 to 4 hours before the examination. Please see the Toilax package for instructions. The enema will empty your rectum.
- Do not eat or drink at all for 4 hours before the examination.

Take your regular medication as usual with a small amount of water.

If you are using a transdermal patch, schedule its replacement for the examination day. Remove the old patch for the duration of the scan. Attach the new patch after the scan.

If you have an interstitial fluid glucose sensor, you must remove it before the scan. Bring a new sensor with you.

During the examination

An intravenous catheter (thin tube into a vein) will be placed into your arm, and a small amount of radioactive contrast agent will be given via the catheter.

The scan will begin about 1.5 to 2 hours later. A radiographer will help you lie down in a comfortable position on the scanner's examination table.

For the images to succeed, you must remain completely still.

Intravenous cannula will be used to administer medication that relaxes your bowels. The images will be better this way.

You will receive earplugs and hearing protectors because the scanner makes loud noise. You can listen to the radio if you wish.

The radiographer will be in the adjacent room during the scan. The radiographer will see and hear you throughout the examination.

A doctor will decide if you will be given a contrast agent injection. The contrast agent makes it easier to identify tissues in the images.

After the examination

Drink plenty of water and empty your bladder more frequently than you normally would. This is to make sure that the radioactive tracer leaves your body.

After receiving the radioactive contrast agent, do not hold a child or remain in prolonged close contact with children for the remainder of the day.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Other things to note

If you have claustrophobia, also known as fear of confined spaces, tell the staff about it when you register and that you need sedative medication.

If you know that you will need sedative medication, please arrive 30 minutes before your scheduled appointment.

The arrival instructions or the appointment letter contains our contact information if you have any questions about the examination.

Please take your health insurance card (Kela card) or identity card with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

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Fill out this form carefully and bring it with you to the appointment.

Name _____

Personal identity code _____

Height _____ cm Weight _____ kg

Do you have any foreign objects in your body? _____

What kind of objects: _____

Where: _____

Do you have any of the following:

Yes No

Do you have any of the following:	Yes	No
Transdermal patch (must be removed before the scan)		
Glucose sensor (must be removed before the scan)		
Hearing aid (must be removed before the scan)		
If you answer "YES" to any of the items below, please contact the Meilahti Nuclear Medicine Unit tel. 040 632 5991.		
Cardiac pacemaker or pacemaker leads		
Nerve stimulator or stimulator leads		
Clips or coils due to surgery or aneurysm		
Inner or middle ear implant		
Pharmaceutical pump		
Metal fragments, bullets, or shotgun pellets in the body		
Shunt in brain		
Breast tissue expander		
A medical implant installed outside of Finland		

Please keep in mind the following!

- Any glucose sensor, transdermal patch and/or hearing aid must be removed before the scan.
- An artificial joint, an artificial heart valve, screws and plates in bones, sterilization clips, dental prosthesis or dental braces do not normally prevent conducting the examination but let the unit's staff know about them.
- Technical sportswear and medical compression garments may contain silver. They cannot be worn during the scan, and you must wear hospital clothes instead.
- Eye make-up is not allowed when scanning the area around the eyes.
- If you have an implant card, please bring it with you.

Have you undergone surgery / endoscopic procedure / biopsy in the past six months?

yes

no

Please specify what kind of procedure and when? _____

Do you have or have you had any of the following (cross the box):

diabetes

tuberculosis

myocardial infarction

bowel infection

kidney disease

other inflammatory disease, please specify: _____

other long-term illness, please specify: _____

trauma (fractures, injuries), please specify: _____

Have you taken/received the following medicines in the past 2 weeks?

Cortisone

yes

no

Blood cell growth factor

yes

no

Cytostatic drugs

yes

no

If you have received cytostatic therapy or blood cell growth factor therapy within 2 weeks of the examination date, please contact the Meilahti Nuclear Medicine Unit, tel. 040 632 5991.

Have you received radiation therapy in the past 3 months?

yes

no

When? _____ To which region? _____

If you have received radiation therapy within 3 months of the examination date, please contact the Meilahti Nuclear Medicine Unit, tel. 040 632 5991.

Is it possible that you are pregnant?

yes

no

If you suspect that you may be pregnant, please contact the unit responsible for your care before the examination.

Do you have a scheduled appointment / telephone call with your doctor?

yes

no

When? _____