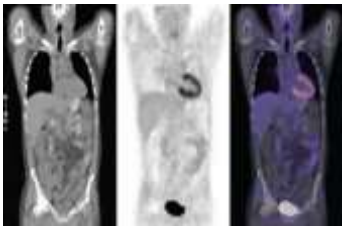


## Preparation for Positron Emission Tomography / Computed Tomography (PET/CT)

### Fluorodeoxyglucose (FDG) Whole-body / Brain Scan

#### What is a PET/CT scan?



PET/CT fuses 2 sophisticated imaging modalities – combining the functional information from a Positron Emission Tomography (PET) examination with the anatomical information from a Computed Tomography (CT) examination into a single study. This study is typically done

to make a diagnosis or monitor your response to therapy.

#### What is FDG?

Fluorodeoxyglucose (FDG) is a radioactive tracer commonly used in PET scans. It resembles glucose, which is the primary fuel source for cells in the body, allowing FDG to be readily taken up by various organs for the PET/CT imaging study.

#### What are the risks involved?

The main risk of the procedure is extravasation, where the radiopharmaceutical injection leaks out of the vein. The risk is low and all necessary precautions will be taken to minimise this risk.

#### Will I be exposed to a high level of radiation?

Only very small amounts of PET radioactive tracer are administered. These lose their radioactivity very quickly (2 minutes to 2 hours) and little or no radioactivity will be left in the body by the end of the imaging day. No special precautions are required.

## How long is the scan?

The whole procedure may take up to 3 – 4 hours. The length of the procedure can vary depending on what we are looking for and what is discovered along the way. We recommend that you set aside the day for the appointment.

## What to take note for the PET/CT scan?

### A. Before the exam



#### Avoid exercise

Avoid strenuous activities for **at least 24 hours before the scan** (e.g. no sports, gym, household chores etc).



#### Diet

Start fasting **6 hours before** the scan. Only plain water is allowed.



#### Medications

If you are diabetic, **please omit insulin injections and oral diabetic medications on the morning of the scan**. You can continue to take your other regular medications in the morning of the scan (unless instructed otherwise).

### B. On the scan day

Please arrive at least 15 minutes before your appointment time for registration and preparation.



Upon registration, our staff will review your medical history and any past studies. Height and weight measurements will be taken.



You will be asked to change into a gown. A locker will be provided to store your belongings.



A cannula will be inserted on your hand or arm for administration of the radioactive tracer for the PET imaging. Your blood sugar level will be tested at the same time.



You will have to rest in a private room for 45 – 60 minutes to wait for the radiopharmaceutical to distribute within your body.

Prior to the scan, you may be asked to empty your bladder.

### C. During the exam



You will be asked to lie onto the PET/CT scanner bed and stay still during the duration of the scan because any movement can interfere with the results. The scan will take approximately 20 minutes and is completely painless.

### D. After the exam

You can resume normal activities and medications immediately.



For the rest of the day, drink plenty of water and urinate regularly to help clear the tracer from your system.



The nuclear medicine specialist will review your scan and the results will be sent to your doctor. Your doctor will discuss these results with you and explain what they mean in relation to your health.

## Contact us

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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## Your PET/CT Appointment

Patient's Name: \_\_\_\_\_

Appt Date & Time: \_\_\_\_\_

- Location:  **Diagnostic Imaging @ KRW L3**,  
NUH Kent Ridge Wing, Zone C, Level 3, C03-04  
Monday - Friday: 8.30 am to 5.00pm
- Diagnostic Imaging @ NMC L4**,  
NUH Medical Centre, Zone B, Level 4, B04-02  
Monday - Friday: 8.30am to 6.00pm

For cancellation or rescheduling of appointment, please notify us **at least two (2) working days before your appointment** to cancel the radioactive tracer order.

### FAQs on Payment

#### Why is advance payment required for PET/CT scan?

A mandatory payment of **S\$630 (Non-Resident)/ S\$600 (Private)/ \$300 (Subsidised)<sup>1</sup>** must be **made at least two (2) working days before your appointment** to preorder the radioactive tracer (FDG) needed for your scan. You will receive a call or SMS reminder if the payment has not been completed.

Advance payments are **non-refundable** for late cancellations or if you miss your PET/CT appointment. Additional payment will be required for subsequent radioactive tracer orders.

#### What are the payment methods accepted?



**Online:** Visit [www.healthhub.sg](http://www.healthhub.sg) website to pay via Credit Card or eNETS Debit.



**In-person:** Pay at the Diagnostic Imaging counter @ KRW Level 3.

### Acknowledgement



Please scan the QR code to submit your acknowledgement on the non-refundable radioactive tracer cost if you miss your PET/CT appointment. Thank you.

<sup>1</sup> Subsidised patients will be charged S\$600 instead of S\$300 in the event of missed or late cancellation of PET/CT appointments.