

# Patient information

## PET/CT or PET/MR of the Brain with DOTATATE

### 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.

For administrative purposes, please bring along your insurance certificate and show it to our receptionists.

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

(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. Such an examination is called a hybrid PET.

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

**CT:** X-rays travel through you and lose energy. The loss is a measure of the densities of various body tissues. The reconstructed cross-sectional CT-images depict these densities within you.

**MR:** Placed in the scanner, you are exposed to one strong and weak variable additional magnetic fields. Radio waves are sent into you, which interact with the body tissues, which in turn re-radiate other radio waves. As these waves characterize the tissues, the waves are recorded and reconstructed into cross-sectional images

#### Preparation for a DOTATE hybrid PET brain scan

- Take all medications as prescribed
- If you think or know that you are pregnant and if you breast-feed, please call us the latest the day prior to the examination.
- You should also contact us, if you take care of children younger than 6 years. Please note, that children or young adults are not permitted to accompany you to the examination.
- If you suffer from claustrophobia, please let us know.
- If you have metallic implants, please contact us.

- For any questions, please call us at +41 44 255 35 72.

#### DOTATE hybrid PET scan

You will be received by our personnel upon arrival in our PET-center. The entire examination takes approximately 90 minutes. Through one of your arm veins we will inject a substance, which is slightly radioactive, yet has no side effects. After injection, you need to stay in a darkened room for around 60 minutes. During this time, the substance finds its way to the relevant structures in your brain. In the ensuing hybrid PET scan we can detect the whereabouts of the radioactivity and thereby of the substance. The scans takes about 15 minutes.

The radiation dose of the examination corresponds approximately to a yearly radiation dose from natural sources in Switzerland.

#### After a hybrid PET examination

There are no restrictions you have to follow after the examination and are free to do whatever you want.

[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.](#)