

***PET – Simple Ways to Reduce Your
Radiation Burden***

Analyses of typical procedures indicate the majority of the radiation burden to the PET staff comes from proximity to the patient following injection. Therefore, it is obvious that reducing contact time with the injected patient is the key to reducing radiation burden. Here are just a few ideas:

1. Fully explain the entire procedure to the patient, from start to finish, including dressing and exiting procedures following the scan, before injection.
2. Have the patient empty their bladder and remove their clothing before injection.
3. Gather all patient information prior to injection.
4. Assure the uptake room is properly prepared before injection.
5. Assure the scan room is properly prepared before the patient enters.
6. Do not stand closer to the patient that is absolutely necessary at any time following injection. For example, use remote bed controls rather than stand over the patient during positioning.

Real-world, practical experiments indicate almost 60% of the total exposure for a PET procedure is received from proximity to the injected patient. All PET staff should be encouraged to remember their radiation safety rules: Time / Distance / Shielding. Assuming proper shielding has been designed into the PET spaces, Time and Distance remain functions under the direct control of the individual staff members.

For further discussion, contact us anytime