About your appointment...
• If you are unable to keep this appointment, please call us 24 hours in advance.
• Expect this appointment to last 3-4 hours. You will need to a ride home due to oral sedation.
• Please be sure to arrange care for your children during your test (we do not provide these services)
• Check with your insurance company about coverage. If they need an okay from your doctor or have other questions, call your doctor's office.
• If you are currently breastfeeding or think you might be pregnant, tell your doctor before scheduling this exam.

What is a PET scan?
The letters P and E stand for positron emission. This is the scientific term for the type of radioactive tracer you will be given. T stands for tomography. Tomography means that the radioactivity can be detected at many angles as you move through the scanner. By using many angles, the scanner makes detailed pictures of sections of your body.

You are scheduled for a diagnostic PET scan. A PET scan uses a small amount of tracer to take detailed pictures of different areas inside the body. The tracer is put into your bloodstream by injection. Tracers are radioactive drugs used for diagnostic or therapeutic purposes to study functions inside the body. Fluorine-18 - Fluorodeoxyglucose (FDG) is a tracer used in PET scanning.

FDG is particularly helpful in assessing between benign (non-cancerous) and malignant (cancerous) tumors in lung cancer, colorectal cancer, lymphomas, breast, and melanomas.

How does PET scan differ from other scans, like CT?
CT scans show the shape and structure of your body’s organs and tissues. PET scans show how your body’s organs work. Because of this, PET scans can measure changes before any visible signs of disease.

Will the scan hurt?
The scan itself is painless. You may feel sore after lying still for the time needed to complete the scan. You will have an IV started in an arm vein in your arm. The tracer will be given to you through this IV.

Preparing for your scan:
• Being on time for your scan is very important because the tracer is costly and made precisely for you. It cannot be used for another patient.
• Wear loose comfortable clothing (avoid clothing with metal/plastic button and zippers, such as undergarments with metal snaps/hooks/underwire). If clothing contains

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any of the above items, changing into a hospital gown will be required.

- Prior to the exam, do not take any caffeine, nicotine, or alcohol for 12 hours. Even chewing gum can interfere with the scan results.
- Please have a low carb diet starting at dinner the night before your scan.
- Do not eat or drink anything except water for 4 – 6 hours before your exam, because it could interfere with results. You may take your medications with water.
- If you’ve been told not to take your medications on an empty stomach, wait to take them or take them 4 to 6 hours prior to your exam.
- If you are diabetic, let us know ahead of time so we can work with your physician to determine the safest possible way for you to prepare for your exam.
- If you have diabetes, come 1 hour earlier for glucose testing. Glucose levels should be below 160 to proceed with the scan.
- Withhold TPN and gastric tube feedings for 6 hours.
- Let us know if you feel feverish.
- Please avoid strenuous exercise for 24 hours (running, weight training).
- If a recent exam has been taken that included oral or IV Barium, check with your primary care physician about clearance time.
- An oral muscle relaxant will be given to you that will help your body to relax. This increases the scan quality.
- Our department may contact you with additional instructions.

How the test is done:
- An IV will be placed into a vein in your arm. You will receive the tracer in it.
- Your blood sugar will be tested.
- You will rest in a reclining chair in a quiet, darkened room for about 45 minutes after receiving the tracer. This time allows your body to absorb the tracer.
- You may be asked not to speak to prevent the tracer from going to your tongue and vocal cords.
- You will be asked to lie on your back on a table during your scan. This table slides into the PET scanner, a donut-shaped machine that looks like a CT scanner. The scanner is very quiet.
- You may be asked to keep your arms raised above your head for part of the exam. We will try to keep you comfortable using pillows or cushions.
- You will need to lie as still as possible so that the scanner can take clear pictures.
- Foley catheter may be placed if the scan involves the pelvic area or you have incontinence.

After the procedure:
- You may resume your normal routine if you were not sedated.
- You will need to have someone drive you home.
- Drink plenty of liquids for the next 4 hours. You may drink any kind of liquid after the scan – you are not limited to water.

Getting your results:
The doctor (radiologist) reviews the results of your scan and sends a report is sent to your doctor. Your doctor will then share the results with you.