

Arrive on time

- Please arrive 15 to 30 minutes before your scheduled appointment to complete the necessary paperwork.
- If you must cancel or reschedule, please do so at least 24 hours before your appointment.

What to expect at the time of your PET/CT scan

- After registering, you will go to a preparation area where a PET/CT technologist will insert a small IV into your arm.
- A small amount of F-18 FDG, a form of glucose, will be injected through an IV. This is painless and without side effects.
- You will rest quietly without speaking for 60 to 90 minutes while the F-18 FDG circulates throughout your body.
- Your scan, from the time you arrive until you leave, will take approximately two hours.

After your scan

- You may leave immediately.
- Your activity will not be restricted. You may drive if you wish, resume your normal diet, exercise and take all prescribed medications.
- As an extra precaution, avoid close contact with children and pregnant women for eight hours.
- The PET/CT scan will be reviewed by a physician who will send a report to your doctor within 48 hours.

For more information

Rideout Cancer Center, PET/CT, 530 749.4405 or visit us online at www.RideoutCancerCenter.org



Rideout Cancer Center

PET/CT: A powerful tool for physicians and patients.



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618 5th Street, Marysville, CA 95901
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Why Would My Physician Order a PET/CT Scan?

The most common applications of PET/CT are in the fields of oncology, cardiology and neurology.

ONCOLOGY (cancer) is the most common application of PET/CT because PET/CT provides vital diagnostic information that can alter the course of cancer treatment and sometimes help in avoiding unnecessary surgery. PET/CT provides critical information about whether a tumor is malignant or benign; the extent of cancer; whether it has spread to other organs; monitoring of cancer recurrences; and monitoring the effectiveness of chemotherapy or radiotherapy.

CARDIOLOGY (heart) is another important application. PET/CT provides the highest accuracy level of any noninvasive procedure for measurement of cardiac blood flow and the extent of cardiac muscle damage. This procedure is the most definitive test for determining the value of performing procedures such as bypass surgery.

NEUROLOGY (brain) PET/CT provides the most accurate information to localize the areas of the brain causing epileptic seizures and to determine if surgery is an option. It is also useful in the diagnosis of dementia, including Alzheimer's disease.

What is PET/CT?

PET/CT is a technique that “fuses” PET (Positron Emission Tomography) and CT (Computed Tomography) images. The resulting hybrid images combine the fine anatomic detail of CT with PET’s biological-marker-imaging in a 3 dimensional display that allows earlier and more accurate detection of some disease-processes than either PET or CT alone.

A PET/CT scan helps your physician diagnose a problem, determine the best approach to treatment and monitor your progress.

How does PET/CT work

All of the living cells in our bodies use glucose as a source of energy. Rapidly growing and dividing cells consume more glucose than cells that are not so active. Cancer cells grow and divide so aggressively that they consume between 2 and 20 times as much glucose as the surrounding normal tissue.

By giving you an injection of a type of radioactive-glucose called FDG, and using the PET/CT scanner to create a map of where and how that glucose is used by the cells of your body, cancer can be detected and its response to treatment measured.

Preparing for your PET/CT scan

Because PET/CT is based on glucose metabolism, it is important to restrict your food intake prior to the scan. Please review and follow the preparation steps below.

- On the day before your exam limit yourself to
 - Vegetables
 - Meat
 - Dairy products like milk or cheese
 - Whole grain cereals
 - Small amounts of whole grain bread
- 24 hours prior to your exam, avoid caffeine, sugar, tobacco and heavy exercise.
- On the day before your exam do not consume any of the following:
 - Sugar or food sweetened with sugar.
 - Bread
 - Starchy vegetables like potatoes or yams
 - Alcohol

- For six hours before your test, the only thing you should put in your mouth or swallow is plain, unflavored water and oral medications. **If you chew gum, or use a cough drop or a breath mint in the 6 hours before your exam, your exam will have to be rescheduled.**
- You may brush your teeth, but do not swallow the toothpaste.
- Continue to take any medication prescribed by your physician. If you have been advised to take your medications with food, eat nothing more than a few soda crackers 4 to 8 hours prior to your exam.
- In the last two hours before arriving for your PET/CT scan, drink at least 16 ounces of plain water. This will make you IV easier to start and will improve the quality of your scan.
- If you have diabetes, discuss with the physician who treats your diabetes and call the PET/CT center staff 48 hours before your scan at 530 749-4405.
- If you are, or think you may be pregnant, discuss this with your physician. Generally, PET/CT imaging is not performed on pregnant women.

What to bring and wear

- Bring your insurance cards.
- Bring your medical history and any pathology reports.
- Bring films or digital images of any previous PET/CT exams, X-ray, CT or MR scans.
- Avoid clothes with heavy buckles or metal components.
- Wear warm, comfortable clothes. The scanner room is often cool.
- If you take medication for pain or anxiety, take it according to your usual schedule and bring it with you. For your comfort, you may be able to take these medications during the scan.