

**How do I prepare for the exam?**

**EATING and EXERCISE:** You are not allowed to eat for 6 hours prior to your appointment. Avoid caffeine, sugar, tobacco and do not exercise for 24 hours prior to your exam.

**ALLERGIES:** Notify your physician and us of any allergies, such as to iodine, before the exam.

**MEDICATIONS:** We will ask what medications you take when you schedule your appointment. You will receive further instructions at that time. If you are diabetic, contact us for further instructions at least 48 hours prior to your scheduled appointment.

**PREGNANCY:** Be sure to inform your physician if you are pregnant.

**WHAT TO WEAR:** Wear warm, comfortable clothes since the scanner room is cool. Avoid clothes with heavy buckles or metal components.

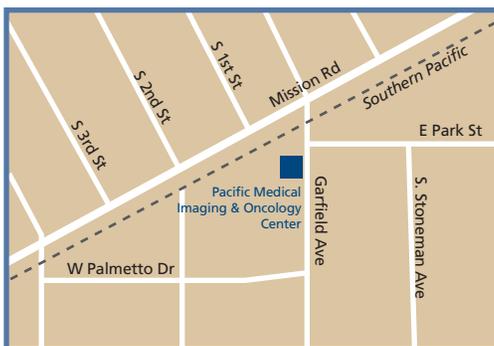
**WHAT TO BRING:** Bring your insurance cards; previous CT, PET, MRI and Xray studies; medical history and pathology reports.

**ACTIVITY DURING THE SCAN:** After your injection, you will rest quietly for 45-60 minutes. During the scan, we ask that you are in a quiet, resting state. It is extremely important that you lie still throughout the scan, so that we may get the best images and information possible.

**Services and treatments:**

- Radiation Therapy
- MRI, MRA
- PET/CT, CT
- Nuclear Medicine
- Ultrasound
- Diagnostic X-Rays

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*Preparing for  
PET/CT scan*





PET/CT is the most advanced diagnostic imaging tool for oncology. PET detects changes in cell function within the body while CT provides a detailed picture of the internal anatomy, revealing the location, size, and shape of cellular activity. When the results of PET and CT scans are "fused" together, the combined image provides complete information on cancer location and metabolism.

PET produces molecular images of the body's biological functions and is becoming a very powerful technique in evaluating heart disease and neurological disorders such as Alzheimer's Disease. A PET/CT scan helps your physician diagnose a problem, determine the best approach for treatment and monitor your progress.

#### The clinical advantages of PET/CT:

- Detailed diagnostic information not available from other imaging tests
- Earlier detection of disease
- Improved staging of the disease and better monitoring of cancer recurrences
- Improved targeting of metabolically active cancers for radiation therapy
- More effective tracking of the results of treatment therapy

#### How long does the exam take?



Please allow 2 to 3 hours for your visit, which includes your interview, preparation, and the scanning procedure. In most cases, you will be on the

scanner table for less than an hour. Because the scanner gantry system is open, you will be able to see and speak with your exam technologist. An IV line will be started in your hand or arm in order to infuse a radiopharmaceutical or contrast material.

#### What is being injected for the scan and why?

For PET scans, a very small amount of a radiopharmaceutical is infused into the bloodstream. The substance contains radioactive molecules that provide imaging information when absorbed, or concentrated in tissue. Areas with rapid cell growth, such as malignant tumors, will show much higher concentrations of the dose than normal healthy tissue. A computer records this information and converts it into pictures for diagnostic purposes.

For a PET/CT scan, you may also receive a contrast agent by mouth or intravenous (IV) injection. The amount of radiation you will receive is about the same as any other radiology procedure. You should not feel any side effects from the material. Most of the radioactivity will be gone by the time you leave the department.



#### What happens after the scan?

It is important that you drink as much water as possible for the rest of the day and empty your bladder as often as possible. This will result in a more rapid clearance of radioactivity from your body. You can drive and resume normal activities immediately after leaving the department, unless you have received sedation.

#### When will I get the final results?

The final results will be given to your referring physician as soon as the images are analyzed, usually within two working days. Your doctor will discuss the results of your PET/CT scan with you.

#### Will my insurance cover the exam?

Many insurance companies are reimbursing for some PET procedures, including Medicare. Please contact your insurer directly to learn about payment reimbursement.

