

# PET (Positron Emission Tomography) / CT (Computed Tomography) Scan

## PET/CT Scan

Your health care provider wants you to have a PET/CT scan.

A PET scan is a three-dimensional (3-D) view of any part of your body. A small amount of radioactive material, known as a tracer, will be injected into your bloodstream. The PET scan creates colored pictures of chemical changes that take place in body tissues.

A CT scan uses X-ray and a computer to get an in-depth look at your internal organs, tissues, blood vessels and bones. The result is an image that provides a clear and detailed picture of your body.

Both of these scans used together can show your health care provider where chemical changes are found in your body.

The exam takes about 20 to 45 minutes. The total time may take 2 to 3 hours.

## What To Tell Your Health Care Provider and Technologist

Tell your health care provider and technologist if you:

- have any allergies to latex or medicine
- are breastfeeding, pregnant or think you may be pregnant
- have diet restrictions
- are afraid of closed-in spaces (claustrophobia)

## Your Appointment

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Arrive at the Radiology Department 15 minutes before your exam.

Phone number: \_\_\_\_\_

If you need to cancel or reschedule, call at least 24 hours before your scheduled appointment.

- **have diabetes** (Ask for an early morning appointment and talk with your health care provider about your medicine needs.)
- **take any medicines.** Check with your health care provider to see if you have special medicine instructions.

## Before Your Exam

Please follow any instructions you received from your health care provider.

## For 24 hours before your exam

- Do not have any caffeine or sugar.
- Do not smoke or use tobacco products.
- Do not chew gum.
- Do not do any heavy exercise.

*(over)*

## The day of your exam

- Take any medicines you need with water.
- Bring a list of your medicines and doses with you to the hospital. Include all prescription, over-the-counter, vitamins, herbal or natural products.
- Wear loose, comfortable clothing. Do not wear clothes that have buttons, snaps, zippers or wires.
- The radiology staff will answer your questions.

## During the Exam

- You may wear a hospital gown.
- You will get an injection of a radioactive material. You will need to wait 60 minutes for the radioactive material to be absorbed.
- You will be helped on the scan table. It will move in and out of a doughnut-shaped piece of equipment.
- You will need to lie still for the scan.

## After the Exam

- Return to your normal activities, diet and medicines. Follow any instructions your health care provider gave you.

## Follow-up Results

- A radiologist will look at and interpret the images.
- Your health care provider will receive the exam results. He or she will either talk with you about the results or mail you the results.