

## ABOUT YOUR PET/CT SCAN

Dear \_\_\_\_\_,

Please read this letter carefully and re-read it the day before your appointment. You have been scheduled for a PET/CT scan on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_. Please check in one hour before this time to allow for registration, consultation, IV start and glucose reading.

Positron Emission Tomography (PET) is a highly specialized non-invasive imaging procedure that is used to assess the level of metabolic activity in various organ systems in your body. This scan will also be combined with a Computed Tomography (CT) scan, which provides a detailed view of the anatomy. These scans will be completed simultaneously while you lie on the table. Intravenous contrast dye **will not** be given for this exam. Oral contrast will be administered, as tolerated. Having both of these scans done at the same time will provide information about the structure and function of your organs.

The following items may exclude you from having a PET/CT scan. Please call the Advanced Imaging scheduling department at (406) 327-3950 if any apply.

- Pregnancy
- Weight over 350 pounds
- Radiation therapy in the last two to three weeks unless outside the area of interest
- Uncontrolled diabetes (Blood sugars above 300mg/dL may exclude you from having this procedure. Please contact your personal physician at least 48 hours prior to the procedure for medication adjustment, as indicated.)
- If you use insulin PRN please contact our office. Insulin used the day of the examination can adversely affect the PET images. (Small doses 4 – 6 hours prior to examination are acceptable but please notify our staff.)

### BEFORE THE EXAM

- Please drink at least two glasses (8oz) of water prior to your appointment time.
- DO NOT eat or drink anything (other than water) for at least six hours prior to your exam. (This includes sugar-free gum, mints, candy, coffee, tea, soda and all other non-water beverages.)
- Dress comfortably and warmly, no metal if possible, because scanner rooms are typically kept at a cool temperature.
- No strenuous activity/exercise for 24 hours prior to your exam.
- Be prepared to lie still for 20 – 60 minutes. (Times vary depending on the type of scan that has been ordered for you.)
- Please bring any previous x-rays, CT, MR, or any other test results with you on the day of your exam.
- Bring your insurance information.

### THE EXAM

- Before your exam, you will be given a small oral dose of a muscle relaxant. This means you will need to have a driver to take you home.
- You will be asked to drink two bottles of VoLumen<sup>®</sup> (oral contrast) to prep the bowel for the exam. The VoLumen will be given to you as you register. At the time of registration you will drink the first bottle and a half.
- You will receive an injection, through an IV access, of a trace amount of radioactive glucose, which is distributed throughout the body. There are no side effects to this injection.
- About 60 minutes after the injection you will empty your bladder, drink the remainder of the contrast, and then lie on the imaging table for your PET scan.
- The radiation exposure associated with PET imaging is much lower than that associated with conventional CT scanning.

### AFTER THE EXAM

The images will be interpreted by a diagnostic radiologist from Advanced Imaging, board-certified by the American College of Radiology. Your results are not immediately available. The radiologist will contact your physician to convey all pertinent information ascertained from the PET scan. It is important to drink plenty of water after your exam to help flush the radioactive imaging material out of your system.

**An appointment time has been reserved for you. It is very important to show up at this given time to get registered and prepared for the scan. This radioisotope is created specially for you and is, therefore, quite expensive. Should you miss your appointment time without giving 24-hours notice, you will be billed for the unused radioisotope.**

