

## A PET/CT

### Exam of Your Body

You have been scheduled for a PET/CT Scan, which involves the use of a small amount of radioactive material. The level of radioactivity used is extremely low and has no side effects.

You will be positioned in a PET/CT camera. The camera moves from you're the top of your eyebrows to your mid-thigh to take pictures of your body. The scanning process generally only takes 18 minutes.

### Patient Information:

You will have 1 visit to the department. The waiting time between the injection and scan allows the radiotracer to concentrate in your skeleton, giving better images.

1. Please report to *Goshen Hospital* **15 minutes** prior to your scheduled test time. This time is to allow for the registration process. Please bring the written test order from your physician and your insurance cards.
2. After you are registered, a PET/CT Technologist will obtain your pertinent medical history, and you will receive an injection of a small amount of radioactive material through a vein in your arm or hand. You will be asked to relax for 60 minutes in one of our patient quiet rooms. During this time you may read a book or magazine and you may consume water.
3. After the waiting period, you will be asked to empty your bladder before your scan. The technologist will then position you flat on your back on the bed of the scanner and you will move slowly through the PET/CT scanner. The scan will take approximately 20-30 minutes.
4. Plan on being at the PET/CT center for approximately 2.5 hours.

### For Best Results:

Relax and remain as still as you can. This will help ensure that the images taken will be clear and will not have to be repeated.

### Patient Preparation:

- Do not chew gum or exercise strenuously 24 hours before your exam.
- Your blood glucose will be tested just prior to the start of your exam. It must be 200 mg/dl or below for the tracer to work properly.
- Please eat a low carbohydrate diet the night before your exam.
- Do not eat or drink anything except water 4 hours prior to exam appointment time.
- If you are **diabetic**, do not eat or drink anything except water **4 hours** before your appointment time.
- Both **Medication** and **Insulin** controlled **diabetic** patients are to hold their insulin and medication **8 hours** prior to the exam. If there are questions regarding the use of diabetic medications please call 574-364-2429 and a technologist will happily assist with your concerns.
- All other prescription medications can be taken before coming for your exam but only with water. No medication can be taken with food prior to the exam.
- Wear warm comfortable clothing and avoid clothes with metal in them
- Let the technologist know if you are or think you may be pregnant, or if you are a nursing mother.
- If you are claustrophobic please contact the ordering physician the day before your scheduled exam if medications are required.



### My Appointment:

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

Time: \_\_\_\_\_

Place: ***Goshen Hospital***  
200 High Park Ave.  
Goshen, Indiana 46526  
574-364-2429

**IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT, PLEASE CONTACT THE PET/CT DEPARTMENT AT LEAST 24 HOURS IN ADVANCE OF YOUR APPOINTMENT AT 574-364-2429.**

### Notes:

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### After Your Scan:

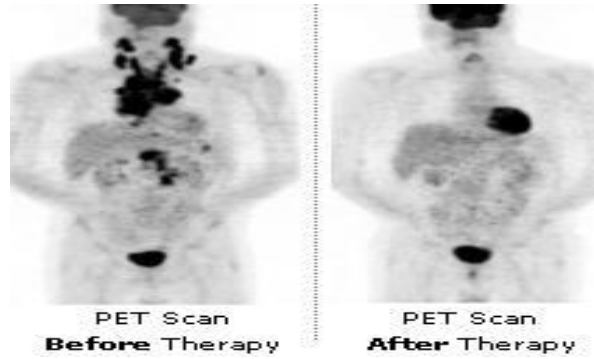
Before leaving, you may have to wait briefly while your images are reviewed by a radiologist. Sometimes additional views or x-rays are necessary to compliment your test. You may then return to your normal routine. The tracer will leave your body within 8 hours. To hasten this process, drink extra water and urinate frequently for 24 hours after your scan. Your referring physician will receive a written report from the PET/CT Scan 24-48 hours after your test is complete.

## **What is PET/CT?**

PET/CT is a medical specialty which uses safe, painless and cost-effective techniques to image different bodily functions. PET/CT imaging is unique in that it fuses organ function and structure in contrast to Diagnostic Radiology which is based on anatomy alone. PET/CT allows your physician to gather medical information which may otherwise be unavailable, require surgery, or necessitate more expensive diagnostic tests.

PET/CT uses very small amounts of radioactive materials or radiopharmaceuticals to diagnose and treat disease.

Radiopharmaceuticals are substances that are attracted to specific organs, bones or tissues. The radiopharmaceuticals used in PET/CT emit gamma rays which can be detected externally by a special type of camera called a PET/CT Scanner. These cameras work in conjunction with computers and are used to create images which provide data and information about the area of the body being imaged.



This patient information sheet was provided to you courtesy of Goshen Hospital PET/CT Department as part of our commitment to superior healthcare. This is for informational purposes only and is not intended as a substitute for discussion between you and your physician. Please consult with your physician or a member of our PET/CT Department staff if you would like more information about specific procedures.



200 High Park Ave.  
Goshen, IN 46526

### ***PET/CT Department***

Phone: 574-364-2429  
Fax: 574-364-2843

## **Information for our PET/CT Patients**

*Inform your physician if you are pregnant or breast feeding*

### **PET/CT SCAN**

#### **What is a PET/CT Scan?**

A PET/CT is a special imaging test. It is used to determine the extent of disease after one has been diagnosed with cancer, it is used to monitor therapy and is used to make sure cancer, once treated, is still in remission. A PET/CT scan uses a small amount of an injected radioactive matter (tracer) and a camera to form an image. Your doctor has decided that the value of this test outweighs any risk.