



## ***Imaging Patient Education***

### **What you should know about your PET/CT Bone Scan.**

#### **Purpose:**

PET/CT uses a small amount of a radioactive sodium fluoride product to detect cancer within the bones. A low dose CT provides anatomical reference while the PET scan is able to detect cellular changes before physical symptoms may occur. The combination of PET/CT enables for an earlier and more accurate detection of disease. It can determine the extent and location of bone cancer in patients with breast, lung and prostate cancer. Physicians can monitor chemotherapy and treatment response or effectiveness. PET is also used to differentiate benign versus malignant lesions.

#### **Preparation:**

- Drink plenty of fluids prior to appointment time.
- No other restrictions of food or medications.

#### **Procedure: What to Expect**

- Please bring a copy of your doctor's order and photo identification with you the day of your exam.
- Please wear comfortable clothes, preferably without metal fasteners. Jewelry will be removed for the scan.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a medical history, including biopsy and surgical dates as well as therapy types and dates.
- An IV will be placed in the arm.
- There are no reactions or side effects to this material.
- You will be asked to wait 60 minutes, without restrictions, to allow the injection to circulate. Water may be given if you are not well hydrated.
- A technologist will ask you to empty your bladder. All removable metal and jewelry must be taken off.
- You will lie down for your exam on the PET/CT bed. There will be two scanners with a one foot space between the CT scanner and PET scanner. You will be made as comfortable as possible and asked to lie still during the exam. The scan time is approximately 30 minutes.
- The bed will move three times in and out of the scanners. Images will be taken of the whole body unless your physician specifies otherwise. Additional images may be taken if the radiologist feels it's necessary.

#### **After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.



**Risks and Benefits:**

PET/CT injections are eliminated quickly. The CT exam is not of diagnostic intensity so the radiation exposure is diminished. Side effects to Nuclear Medicine PET procedures are very rare. A PET exam is generally not recommended for women who are pregnant. Breastfeeding women will be asked to cease feedings for 18 hours.

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- You will lie down for your exam using a head holder on the PET/CT bed. There will be two scanners with a one foot space between the CT scanner and PET scanner. You will be made as comfortable as possible and asked to lie still during the exam. The scan time is approximately 15 minutes.
- The bed will move three times in and out of the scanners. Images will be taken of the brain. An additional image may be taken at the discretion of the radiologist.

**After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**Risks and Benefits:**

PET/CT injections are eliminated quickly. The CT exam is not of diagnostic intensity so the radiation exposure is diminished. Side effects to Nuclear Medicine PET procedures are very rare. A PET exam is generally not recommended for women who are pregnant. Breastfeeding women will be asked to cease feedings for 18 hours.

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## **Imaging Patient Education**

### **What you should know about your PET/CT Oncology Scan**

#### **Purpose:**

PET/CT uses a small amount of radioactive glucose product to detect, stage and monitor cancers. A low dose CT provides anatomical reference while the PET scan is able to detect cellular changes before physical symptoms may occur. The combination of PET/CT enables for earlier and more accurate detection of disease. It can determine the extent of disease, location for biopsy or surgery and treatment planning. Physicians can evaluate chemotherapy and treatment response or effectiveness. PET is also used to assess abnormal findings to avoid invasive procedures.

#### **Preparation:**

- 48 hours before your test:
  - ◆ Avoid strenuous activity or exercise until after the scan.
- 24 hours before your test:
  - ◆ Limit your starch intake (pasta, breads, rice, potatoes, etc).
  - ◆ Limit your sugar intake.
  - ◆ Eat plenty of protein and green leafy vegetables (meats, eggs, beans).
- 6 hours before your test:
  - ◆ Do not eat anything, chew gum, use mints or lozenges or smoke.
  - ◆ Do not take any diabetic medications. Any other medications, take with water ONLY – no food.
  - ◆ You may drink water anytime.

#### **Procedure: What to Expect**

- Please bring a copy of your doctor's order with you the day of your exam.
- Please wear comfortable clothes, preferably without metal fasteners. Jewelry will be removed for the scan.
- You will be asked to verify your name, date of birth and exam you will be having done.
- We will take a medical history, including biopsy and surgical dates as well as therapy types and dates.
- An IV will be placed in the arm. A blood sample will be taken to test your glucose level. A level below 200 is needed to proceed with the radioactive injection through the IV.
- There are no reactions or side effects to this material.
- You will be resting in a recliner for about 75 minutes in a quiet room. You are not allowed to read, text or talk during this time. Any muscle movement will decrease uptake and image quality.
- After the rest time, a technologist will ask you to empty your bladder. All removable metal and jewelry must be taken off.



- You will lie down for your exam on the PET/CT bed. There will be two scanners with a one foot space between the CT scanner and PET scanner. You will be made as comfortable as possible and asked to lie still during the exam. The scan time is approximately 30 minutes.
- The bed will move three times in and out of the scanners. Images will be taken from your eyes to thighs unless your physician or diagnosis specifies otherwise. An additional image may be taken in the area of concern.

**After the Test:**

- No reactions or special precautions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**Risks and Benefits:**

PET/CT injections are eliminated quickly. The CT exam is not of diagnostic intensity so the radiation exposure is diminished. Side effects to Nuclear Medicine PET procedures are very rare. A PET exam is generally not recommended for women who are pregnant. Breastfeeding women will be asked to cease feedings for 18 hours.

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