

How do I prepare for my

PET/CT

scan?



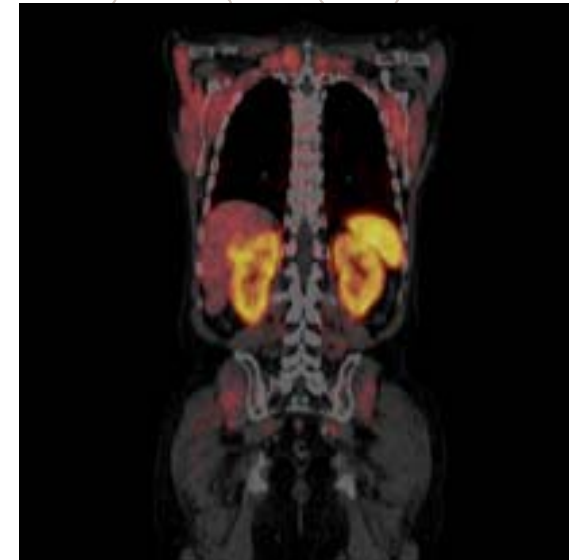
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How should I prepare for the scan?

Call IIC for specific instructions, but generally you should:

- Avoid eating or drinking anything except water for 4 - 6 hours before your scan (including sugar-free beverages, gum, mints, or coffee)
- Avoid strenuous exercise the day of your exam
- Dress comfortably and warmly; scanner rooms can often be cool
- Wear hearing aid, glasses or dentures but leave valuables at home
- Bring a copy of your most recent CT, X-ray, or MRI report with you
- Inform your doctor if you are diabetic, pregnant or a nursing mother
- Take prescribed medications as usual unless instructed not to do so
- Allow plenty of time for travel and arrive at the PET Center early.

- If you are diabetic, eat and take your insulin or oral medication as directed by your physician. (Generally, your blood sugar level should be 100-150 mg/dl before your scan).



What is PET?

Positron Emission Tomography (PET) is a medical diagnostic imaging procedure that provides physicians with information about the body's chemistry, cell function, and location of disease - information not seen through CT, MRI, X-ray, blood test, or physical examination. Unlike CT or MRI, which look at anatomy or body structure, PET studies body function or the biology of diseases. PET scans are used by physicians in the fields of oncology, cardiology, neurology, and psychiatry to show various disease states. By detecting increased metabolic activity in certain cells your oncologist can tell if a tumor is cancerous. PET enables the cardiologist to screen for heart disease and evaluate damage from heart attacks by examining the metabolic activity of heart tissue. In neurological diseases PET imaging detects areas of low metabolic activity which assists in early detection and differentiation of various neurological disorders including Alzheimer's disease.

Will my insurance pay for the scan?

The average cost of a PET scan is between \$2,000 - \$4,000, and most insurance companies pay for clinically indicated PET procedures. To be clinically indicated, the PET scan must be potentially beneficial in providing information supportive of a diagnosis or monitoring certain conditions. Medicare and many insurance companies, including Medicare, have coverage policies for certain clinical situations where PET scans have been proven to be useful. If there are any questions, your physician's office will work with the PET coordinator to determine if the PET scan is covered by your insurance company.

Your PET/CT scan procedures will include

- Upon arrival at the center you will receive an IV injection of a trace amount of radioactive glucose.
- You will rest quietly for approximately 1 hour, while the glucose is distributed throughout your body.
- Then, you will be asked to lie on a table that passes slowly through the scanner. The scanner resembles a CT scanner, but has a larger opening.
- Be prepared to lie still while the scan is being performed, usually between 20-60 minutes depending on the type of scan.
- Drink plenty of water or other fluids to flush the FDG from your body.
- The results are interpreted by a trained nuclear medicine physician or radiologist and a report sent to your referring physician within 1-2 days.



Is the procedure safe?

There is no danger to you from the FDG injection. Glucose is a common substance every cell in your body needs in order to function. Radioactive glucose has a very short half-life and must pass multiple quality control measures before it is used for any patient injection. The radiation exposure associated with PET is similar to that associated with a conventional CT scan.