

You've been scheduled to undergo a PET-CT examination at Providence Imaging Center.

Date/Time

Call Providence Imaging Center to pre-register at 907-261-3156. If you must cancel your appointment, please give 24-hour notice to avoid a bill for the PET radiopharmaceutical.

For body PET-CT scans, follow these instructions*:

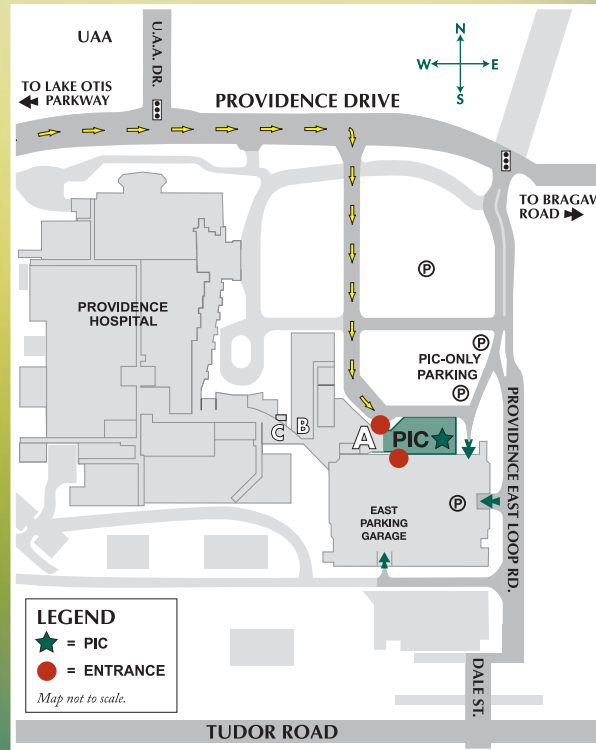
- Arrange for someone to drive you home after the exam. On exam day, you will receive a medication to help you relax, which improves the exam images. You will need a driver because of the medication's effects.
- Do not eat for a minimum of 6 hours prior to the exam. Drink plenty of water.
- You will be given specific diet instructions prior to your exam.
- If you take any medications, take them as usual on the morning of your exam.
- If you've been advised not to take your medication on an empty stomach, eat nothing more than a few soda crackers 6 hours prior to your exam.
- Avoid vigorous activity for a minimum of 24 hours prior to your exam.
- Avoid coffee, chewing gum and cigarettes on exam day.
- If you are diabetic, let us know ahead of time so we can work with your physician to determine the safest possible way for you to prepare for your exam.
- Please let us know if you might be pregnant or are currently breast feeding.
- If you feel feverish, please let us know immediately.

If you have any questions regarding these instructions, please call our nurse at 261-3607.

*Brain and cardiac scans have different preparation.

Key Contact Information

PET-CT Scheduling	907-261-3146
PET-CT Pre-Registration	907-261-3156
File Room	907-261-3144
<i>Please provide 24-hour notice for film check-out</i>	
Nurse	907-261-3607
Toll-free	888-458-3151



Your physician has referred you for a PET-CT exam. Our goal is to provide the best possible medical care for you and your family. Please take a few minutes to read this general information on PET-CT to help you understand and prepare for your exam. Our nurse will also be able to answer additional questions you may have about your exam.

Your
PET-CT

Providence Imaging Center
PROVIDENCE IMAGING CENTER

3340 Providence Drive
 Anchorage, Alaska 99508
 main 907.261.3151
 fax 907.261.5827
 www.provimaging.com

Questions & Answers

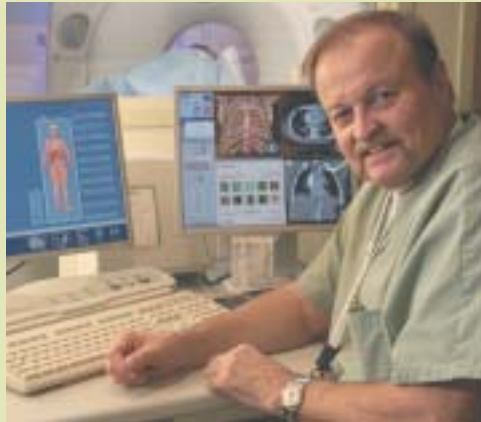
What is PET-CT?

PET-CT combines the functional information from a positron emission tomography (PET) exam with the anatomical information from a computed tomography (CT) exam into one single exam.

A PET scan detects changes in cellular function - how your cells are utilizing nutrients like sugar and oxygen. Since these functional changes take place before physical symptoms occur, PET can provide information that enables your physician to make an early and more accurate diagnosis.

A CT scan uses a combination of X-rays and computers to give the radiologist a non-invasive way to see inside your body. One advantage of CT is its ability to rapidly acquire two-dimensional pictures of your anatomy. Using a computer, these 2-D images can be presented in 3-D for in-depth clinical evaluation.

The PET exam pinpoints metabolic activity in cells and the CT exam provides an anatomical reference. When these two scans are integrated, your physician can view metabolic changes in the proper anatomical context of your body.



Why do I need this exam?

Your PET-CT exam results may have a major impact on your physician's diagnosis of a potential health problem and, should a disease be detected, how a treatment plan is developed and managed.

A PET-CT exam not only helps your physician diagnose a problem, it also helps predict the likely outcome of various therapeutic alternatives, pinpoint the best approach to treatment, and monitor your progress. If you're not responding as well as expected, you can be switched to a more effective therapy immediately.

What should I expect when I arrive?

When you arrive, we will review your medical history.

For the PET portion of the exam, you'll receive a pre-medication to help your body relax, which improves the exam images, followed by a radiopharmaceutical injection. This is a radioactive tracer that must pass multiple quality control measures before it is used for any patient injection. PET radiopharmaceuticals lose their radioactivity very quickly (2 hours) and only very small amounts are injected. In all cases, little or no radioactivity will remain in your body 6 hours after injection.

What will the scan be like?

You will lie on a comfortable padded table. The table will move slowly through the tube-shaped PET-CT scanner as it acquires the information needed to generate diagnostic images.

You will be asked to lie very still during the scan because movement can interfere with the results. During the scan, you might hear a humming noise but you will not feel anything unusual. You may feel the table move while images are being taken.

The technologist will monitor you during the exam.



How long will all this take?

The PET-CT scan should last between 30 and 45 minutes. The exam procedure can vary depending on what we are looking for and what we discover along the way. Plan to spend 2 to 3 hours with us.

What happens after the exam?

You will need someone to drive you home because of the effects of the pre-medication. Once the exam is complete, you may leave with your driver. Unless you receive special instructions, you will be able to eat and drink immediately - drinking lots of fluids soon after the exam will help remove radiopharmaceutical from your system.

In the meantime, we'll begin preparing the results for review by our radiologists, and then by your physician. Your physician will discuss the results with you.

Safety of PET-CT exams

Be assured that PET-CT exams are a safe and effective diagnostic procedure. The radiopharmaceuticals used in PET don't remain in your system long, so there's no reason to avoid interacting with other people once you've left. To be extra safe, wait for several hours before getting too close to an infant or anyone who's pregnant.