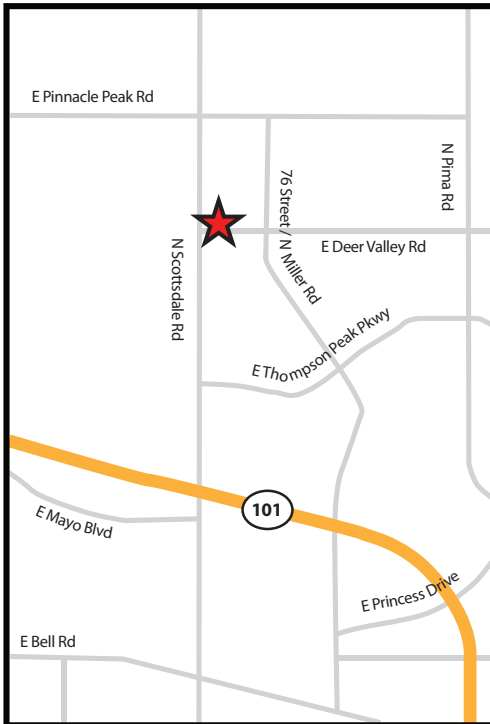


Benefits of the PET/CT Scan

- ✓ Early detection of the disease
- ✓ More comprehensive and complete information in one procedure
- ✓ Validates or alters prescribed care
- ✓ Assist in directing or changing treatment protocols
- ✓ Improves patient outcome
- ✓ Covered by most insurances



Desert Springs Cancer Care

21803 North Scottsdale Road #110

Scottsdale, AZ 85255

480-585-4673

www.desertspringscancercare.com



Prescribed Diet:

(High protein/low carbohydrate)

This is a sample list, if you have any dietary questions, please call.

Prefer:

Proteins and Vegetables

Fish, Seafood (not breaded)

Chicken (not breaded), Pork, Red Meat, Eggs, Cheese

Use oil and vinegar or mayonnaise based salad dressings (< 5gms carbs)

Non-starchy and low-sugar vegetables:

Lettuce, peppers, broccoli, cauliflower, spinach, asparagus, mushrooms, tomatoes, green beans

Avoid:

Carbohydrates, Dairy Products and Fruits. Fruit juice, jelly, jams, bread, rolls, cake, tortillas, rice, pasta, soft drinks, coffee, yogurt, cereal, oatmeal, chips, crackers, popcorn, alcoholic drinks, beer, wine, desserts, candy, gum, mints, pizza dough, potatoes, corn, onions, carrots

Drink water (no lemon) the day prior and the day of your exam. Please come well hydrated to your exam.

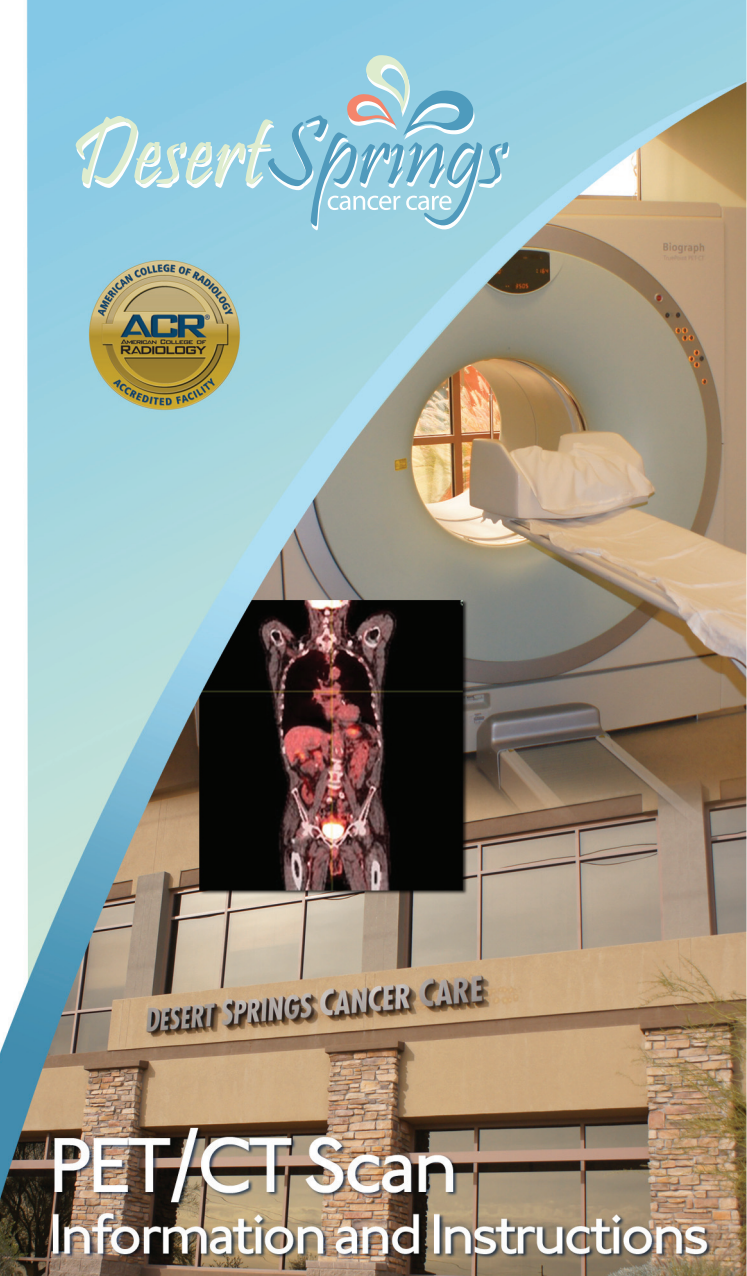


PET/CT Scan Information and Instructions

Name _____

Appointment Date _____

Appointment Time _____





Your physician has ordered a PET/CT scan. Please review the following information before your exam.

What is a PET/CT scan?

PET imaging is a diagnostic procedure used in Nuclear Medicine to visualize the body's metabolic activity using radioactive labeled sugar (FDG) or salt (N). The radioactive material used is Fluorine-18 (F-18) and has a half-life of 110 minutes. After the radiopharmaceutical is injected into the blood stream, it is distributed throughout the body and metabolized by the cells. These cells, containing a small amount of radioactivity, will be detected by the PET scanner. The CT scan provides information on the body's anatomy such as size, shape and location. By combining these two technologies into one exam, a PET/CT exam provides an accurate metabolic and structural image.

Is PET/CT safe?

Yes. There is no danger from the injection. The radiation exposure is similar to other radiology procedures. The substance (sugar or salt) is quickly eliminated from the body. Special note: If you are pregnant or nursing please inform the imaging staff prior to scheduling an appointment.

What will I experience during the exam?

Upon arrival, you will be escorted to a quiet room where the procedure will begin. Your medical history will be updated and the test will be explained. You will have ample time to ask questions pertaining to the exam. An IV will be started and the radiopharmaceutical will be administered. The IV will then be removed. There are NO SIDE EFFECTS to the radiopharmaceuticals. You will be asked to rest for an hour while the injected material circulates throughout your body. You may not get up, talk, read, listen to music, eat or chew gum. This is required because motion causes accumulation of glucose in the muscles, potentially degrading the quality of the scan. Prior to imaging, you will be asked to empty your bladder. Your scanning time will vary between 30-60 minutes depending on diagnosis and body habitus. Please allow two to three hours for the entire procedure on your exam day.

What happens after the exam?

You are advised to avoid pregnant women and children for a minimum of three hours once you leave the center. If you plan to be on a plane within 24 hours of your exam, please inform the technologist. Otherwise, you are free to resume your normal diet and medication schedule.

How will I get the results?

Please make an appointment with your physician to discuss your results.

The radiopharmaceutical is ordered especially for you. If you are unable to keep your appointment, it is very important that you cancel at least 24 hours before your scheduled exam time or you will be charged.

Call 480.585.4673 to cancel appointment.

How should I prepare for the PET/CT exam?

Patient Instructions:

- ☑ 48 hours before your exam: No physical activity or exercise. This includes golfing, bowling, power walking, vacuuming.
- ☑ The day before your exam, follow the prescribed diet. Prescribed diet to follow.
- ☑ Do not eat sugar free candy, gum or mints the day before or on the day of your exam
- ☑ Exam day: Do not eat or drink anything except water for 4-6 hours before your exam. Afternoon appointments, follow prescribed diet for breakfast.
- ☑ Exam Day: Regular medications may be taken as prescribed with water, this includes pain medication. Diabetics, see next instruction.
- ☑ Diabetic patients: Serum blood glucose must be below 200 mg/dl. Oral diabetic medicines must be taken 4 hours prior to your exam. Imaging staff will give instructions to insulin users.
- ☑ Claustrophobic patients must have a driver. Call staff prior to appointment with claustrophobic issues.
- ☑ If you are in pain or are unable to lay on your back, please bring pain medications with you. Call staff prior to appointment with pain control issues.
- ☑ If performed elsewhere, please bring prior imaging exams with you on the day of the test. If you do not have them, please inform the staff prior to your exam and we will gladly assist you in obtaining them.

