

PET/CT Imaging: A patient's guide

PET/CT is the most advanced medical imaging technology available today. This combination of Positron Emission Tomography (PET) and Computed Tomography (CT) allows for earlier and more accurate detection of disease than either PET or CT alone. Results from this test can help your physician who diagnose a problem and determine the best approach to treating or monitoring your progress.

Your PET/CT scan will be reviewed by a physician who will send a report to your doctor. Please contact your doctor about the results of your PET/CT scan.

To help you prepare for your exam, please review the following information. If you have any questions, please call us.

Preparing for your PET/CT scan

- The day before your PET/CT scan, drink plenty of water and avoid exercise, caffeine, sugar and tobacco products.
- The day before your PET/CT scan, eat a diet high in protein and low in carbohydrates. We suggest meats, poultry, fish, eggs and vegetables. Avoid pasta, potatoes, rice or bread.
- On the day of your exam, do not eat, drink (except water), or chew gum for 6 hours before your appointment time.
- Continue to take any medications prescribed by your physician unless instructed not to. Do not take vitamins, herbal supplements or medicines that are a syrupy liquid.
- If you have prescribed medications for pain or anxiety, bring them with you. If you need to take these medications, you must have someone drive you home after the scan.
- If you have diabetes, discuss this with your physician and call us 48 hours before your scan.
- You should not have this test if you are pregnant. Please inform us if you think you could be pregnant or are a nursing mother.
- We recommend that you do not schedule other exams on the same day as your PET/CT scan.

What to bring and wear

- Please bring your insurance card, medical history and any previous X-rays, CT or PET scans.
- Wear warm, comfortable clothes that do not have metal snaps. Sweatpants, T-shirts, sweatshirts or pull-on sweaters are good options. You may also be asked to change into hospital clothing.
- Please leave valuable items at home as you will be asked to remove jewelry and metal on your body.

Arrive on time

Please arrive 20 minutes to your scheduled appointment. **If you must cancel or reschedule, please do so at least 24 hours before your appointment.** (See below for phone number.) If you live out of the area and are concerned about getting to your appointment if there is inclement weather, you may want to consider staying in a hotel near the hospital. For a listing of nearby hotels that offer discounts to Legacy patients, visit our website: www.legacyhealth.org

Having your PET/CT scan

After registering, you will be escorted into the department. A technologist will insert an IV line into your arm and a small amount of FDG radiotracer will be injected. You will rest for about 45 minutes to allow this to distribute throughout your body. The PET/CT scan will then take an additional 45 minutes.

After the scan

You will be able to leave immediately. Your activity will not be restricted. You may drive if you wish, resume your normal diet, exercise and take all of your prescribed medications. It is recommended that you increase your fluids and empty your bladder often to help flush the radiotracer out of your body. As an extra precaution, for 8 hours immediately following the scan, avoid getting close to an infant or anyone who is pregnant.

Legacy Good Samaritan Hospital & Medical Center

503.413.7432

Parking: NW 22nd & Marshall 2 parking buildings