

PREPARING FOR YOUR EXAM

Please read the all of the following carefully.

This information is important and helps assure the accuracy and diagnostic quality of your scan.

1. Please view short info video at petcenternavicenthealth.com
2. You may take all of your **medicine** as usual. If you are **diabetic** call the PET/CT Center for special instructions.
3. If you feel you will need **sedation for claustrophobia**, please contact your doctor for a prescription **prior to the exam**. It is important you are able to lie still during your exam. If you are **pregnant or unable to lie still for 30 minutes**, please let your doctor know **prior to the exam**.
4. You can **drink water** up to the time you arrive for your exam
5. **Refrain from exercise** 24 hours prior to exam
6. Have **nothing to eat 6 hours** prior to your exam (*No breakfast should be eaten if you have an appointment before noon*)
7. Eat a **high protein**, low carbohydrate meal the night before your test

Foods allowed: All meat (**NOT FRIED**), cheese, eggs, non-starchy vegetables (lettuce, broccoli, peppers, green beans, cauliflower, asparagus, spinach, cabbage, brussels sprouts, collards, turnip greens, mushrooms), oils, and tofu

Foods NOT allowed: **NO FRIED MEAT**, alcohol, candy, cereals, breads, coffee, corn, dried beans, flavored water, fruit, fruit juices, gravy, honey, jams, jellies, meal replacement drinks (Ensure, Boost, etc.), milk (including non-dairy), rice, peas, potatoes, sodas, and sugar

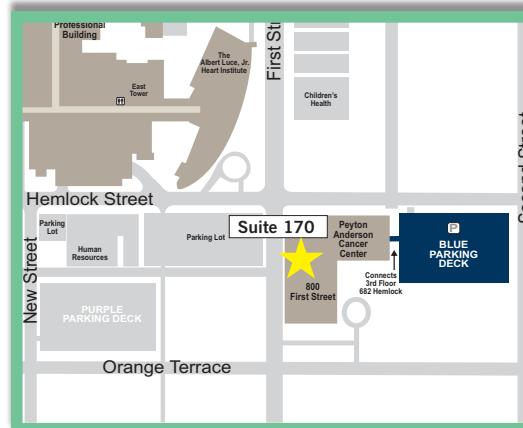
Our goal is to provide every patient with the most comfortable and positive experience possible. From our friendly and caring staff to our beautiful imaging facilities, everything we do is focused on you.

Your Appointment

Name _____

Date _____

Time _____



The PET/CT Center is located on the first floor of the Peyton Anderson Cancer Center at **800 First Street** on the corner of First and Hemlock streets.

800 First St., Suite 170
Macon, GA 31201
478-633-4PET (4738)
Fax: 478-749-9736
Hours: Monday - Friday 8:00am - 5:00pm
petcenternavicenthealth.com



World-Class Imaging
Right Where You Need It



PET/CT
Center
NavicentHealth

WHAT TO EXPECT DURING YOUR EXAM

After a careful review of your history and any prior treatments (ie. chemotherapy, radiation therapy, and current medication), an IV will be started and you will receive an injection of a small amount of radioactive glucose “tracer” solution that enables evaluation of glucose metabolism (function) in the body. You will then wait 60-90 minutes for the radiopharmaceutical tracer to distribute itself throughout your body. Movement, reading, or any other activity during that time is restricted. You will relax in one of our uptake suites. After that you will be escorted to the imaging camera. A brief scan will be taken using the CT part of the scanner to provide a picture of your anatomy. Then, the PET scan pictures will be taken. This will last anywhere from 20-45 minutes depending on the type of scan that is right for you. If diagnostic CT images are needed, these pictures will be taken following the PET scan.

Lying down, the table will move you through a gantry (opening shaped like a large ring) which houses the x-ray tube and a set of detectors. Images are acquired by detectors which x-ray your body. The computer processes this information to form an image that the board-certified radiologists at PET/CT Center Navicent Health will review and interpret. **The results are sent to your referring physician, typically within 24-48 hours.**

WHAT IS PET SCAN?

Positron Emission Tomography (PET) is an advanced diagnostic procedure that can detect the presence of disease that often cannot be obtained with other imaging tests.

A PET scan is a painless procedure that may minimize the need for further, more invasive testing. Rather than just taking a picture of a tumor or mass, the PET scan measures the living chemistry of the growth and tells your doctor with some degree of certainty, if a malignancy exists.

The scan uses a radioactive tracer. Certain organs and tissues then absorb the tracer. When detected by a PET scanner, the tracers help your doctor to see how well your organs and tissues are working.

The tracer will collect in areas of higher metabolic activity, which is helpful because certain tissues of the body, and certain diseases,



have a higher metabolism. These areas of disease will show up as bright spots on the PET scan.

A PET scan offers potential for earlier detection of a problem or disease and has greater accuracy in staging cancer. PET offers more precise treatment planning and is effective in tracking the response to regimens.

The PET/CT Center Navicent Health is the only fixed-site PET/CT scanner in the region. The PET/CT Center is staffed by a team of highly trained board-certified radiologists. Whether initial staging, treatment restaging or evaluating a recurrence, The PET/CT Center provides accurate and timely results.

AVERAGE EXAM TIME

Approximately 2 to 3 hours total