

What is a PET/CT Scan?

PET is an acronym for Positron Emission Tomography. A PET scan utilizes a radioactive isotope (FDG) to produce pictures of the function and metabolism of the cells of the body.

CT stands for Computerized Tomography. CT is an X-ray test that generates detailed images of the anatomy or the structure of organs and tissues in the body.

PET/CT is the merging of both scans to create a fused picture of the body's metabolism (PET) and anatomy (CT).

Why a PET/CT Scan?

A PET/CT scan can provide an early diagnosis of most types of cancer and accurately identify where the cancer has spread. During and after treatment (both chemotherapy and radiation therapy), PET/CT can assess the tumor(s) response to therapy. PET/CT can be used for restaging, and provides early detection and localization of cancer recurrence.



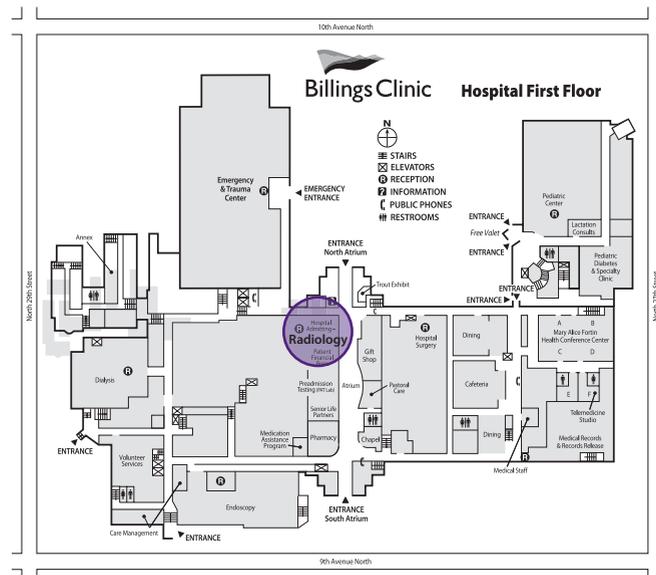
Name _____

Physician _____

Procedure Date _____

Arrival Time _____

For more information, call HeathLine at 406-255-8400 or 1-800-252-1246 or visit www.billingsclinic.com/radiology



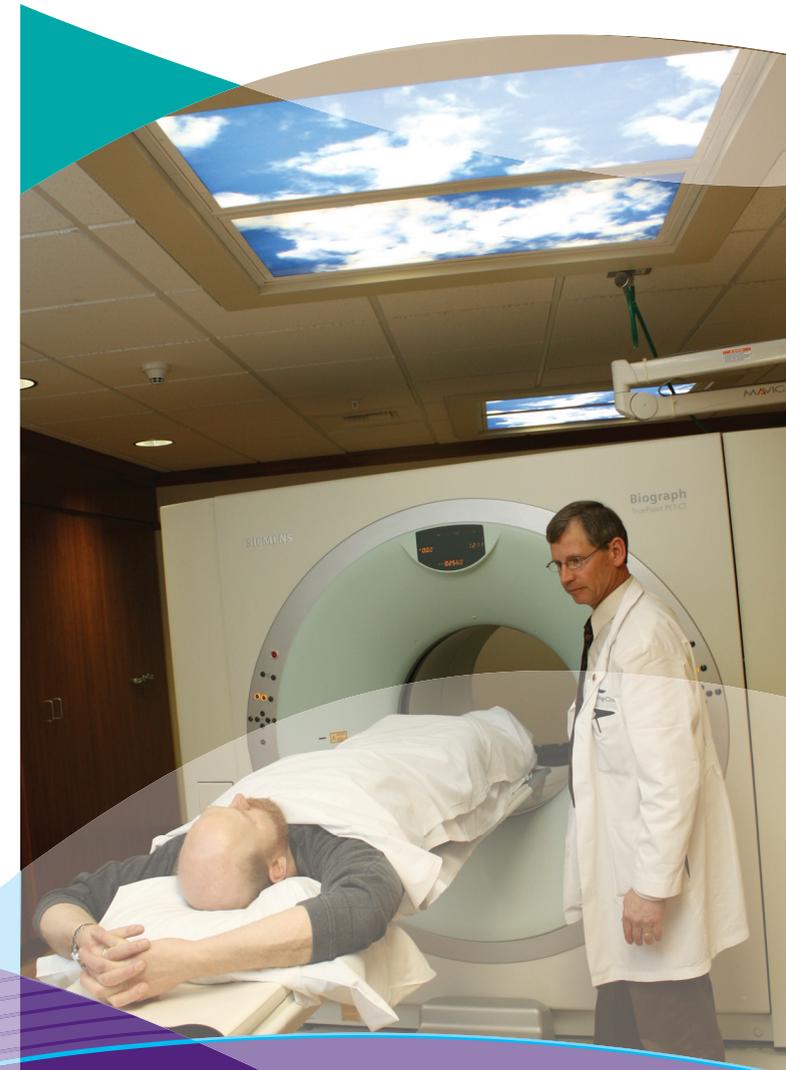
Hospital Radiology is located at the north atrium entrance of the hospital.

Reminder:

Some insurance companies request pre-approval.


Billings Clinic

PET / CT



Billings Clinic Hospital Radiology

2800 10th Avenue North
Billings, MT 59107-7000
238-2500 or 1-800-332-7156

032011150TK

**Hospital
Radiology**

Why is the prep so important?

Patient preparation (prep) is important controlling the patient's blood sugar. If it is too high, it interferes with the uptake of the isotope (FDG). The evening prior to your PET/CT scan please try to eat a high protein meal. This might include red meat, chicken, fish or eggs. Avoid sugary and starchy foods such as pasta, breads, and potatoes. It is also important that you not do strenuous activity for 24 hours prior to the scan. Exercise diminishes image quality.

Drinking water is encouraged before the scan. You may take your prescription medication unless it needs to be taken with food. Please do not take any multivitamins or supplements until after the study is complete (some contain high levels of sugar or calories).

If you are diabetic, you should go off your insulin for four hours. On the day of the study do not have anything to eat 6 hours before the exam.

Wear comfortable, metal-free clothes for the study. You will be asked to remove any metal.

What is FDG?

FDG (F-18 flurodeoxyglucose – radioactive sugar) is a man-made isotope that is flown in the same day it is used - it is specifically made for you.

FDG has a very short "half life" (110 minutes) – which means that it is important to be on time for your exam. There are no side effects or allergies to the isotope.

FDG "binds" to certain cancer cells that use glucose (sugar) to be sustained or to grow – which means it is important that you do not eat so the cells will take up the FDG readily. For a more detailed explanation, you can refer to this web site:

www.radiologyinfo.org/en/info.cfm?pg=PET

What should I expect?

You will be contacted a few days before the exam to review your medical history, go over the prep, and to answer any questions you or your family members have.

Please fill out the medical history form located on the Billings Clinic web site at www.billingsclinic.com/PETform and bring it with you when you come for your appointment or call 237-1300 and we will send a form to you.

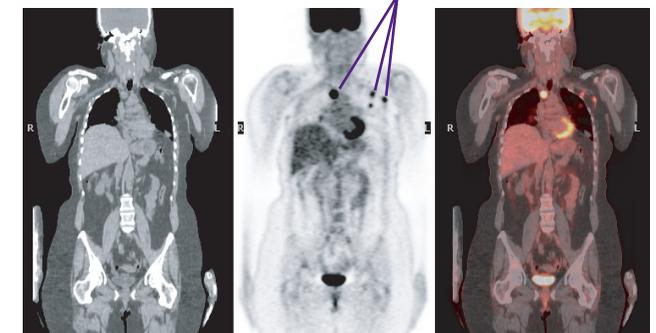
On the day of your scan, we will explain the procedure to you and answer any questions you have. You will be escorted to a private room where an IV will be started and your blood glucose checked. The nuclear medicine technologist will inject a small amount of FDG through the IV. Following the injection you will relax in the recliner for about 60 to 90 minutes while the FDG distributes throughout your body. You will be taken to the restroom just prior to the scan. Most PET/CT scans are completed within 20 to 40 minutes. It is important that you remain still throughout this time. You are encouraged to drink fluids after the scan.

Will I need to be sedated?

We do not routinely use sedation. However, if you are claustrophobic or anxious we can provide sedation. If sedation is used, you should not operate a motorized vehicle for the remainder of the day.

If you need to cancel your exam, please contact us at (406) 237-1300, 48 hours before your appointment. For our out of town patients, please consider arriving the day prior to the scan (because of possible inclement weather). We request a contact number (cell and/or place where you are staying).

47 Year Old Female Breast Cancer Patient



8 Weeks After Chemo / Radiation / Surgery

