

After your exam

You can leave immediately after your scan. You may drive, resume your normal diet, exercise and take all prescribed medications. Your activity will not be restricted, however as an extra precaution avoid getting close to infants, children or pregnant women for the rest of the day due to the FDG that was injected. Be sure to drink lots of fluids to flush the remaining tracer out of your system.

Your images will be interpreted by a board-certified radiologist (physician) specializing in PET imaging. The findings will be sent to your healthcare provider. Your healthcare provider will contact you to discuss the results.

**PET/CT is available at:
Suburban Imaging – Northwest:
763.795.1600**

Mercy Specialty Center

11850 Blackfoot Street NW, Suite 180 | Coon Rapids, MN 55433

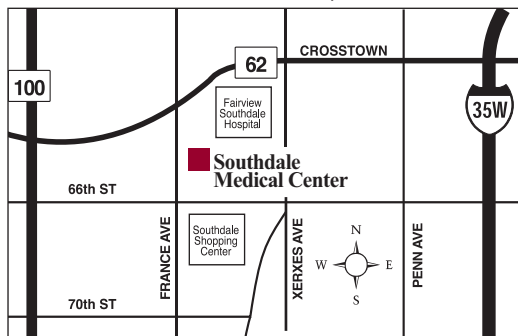


LifeScan Minnesota: 952.893.1997

A partnership between Suburban Imaging & Consulting Radiologists, Ltd.

Southdale Medical Center

6545 France Ave. S., Suite 115 | Edina, MN 55435



Suburban Imaging

Thank you for choosing Suburban Imaging.

Our team of subspecialty-trained radiologists, qualified imaging technologists and friendly professional staff come together to provide you with compassionate care. Your comfort is our main concern.

We are conveniently located throughout the Twin Cities area to provide easy access for your imaging needs:

**Blaine • Blaine South • Burnsville
Coon Rapids • Maple Grove • Northwest • Southdale
The Breast Center of Suburban Imaging**

We offer the following services:

**MRI • CT • PET/CT • Ultrasound
Spinal & Joint Injections • Nuclear Medicine
Vascular Center • X-ray • Bone Density
Mammography • Breast Diagnostic Services**

your scheduled appointment

Date: _____ Time: _____

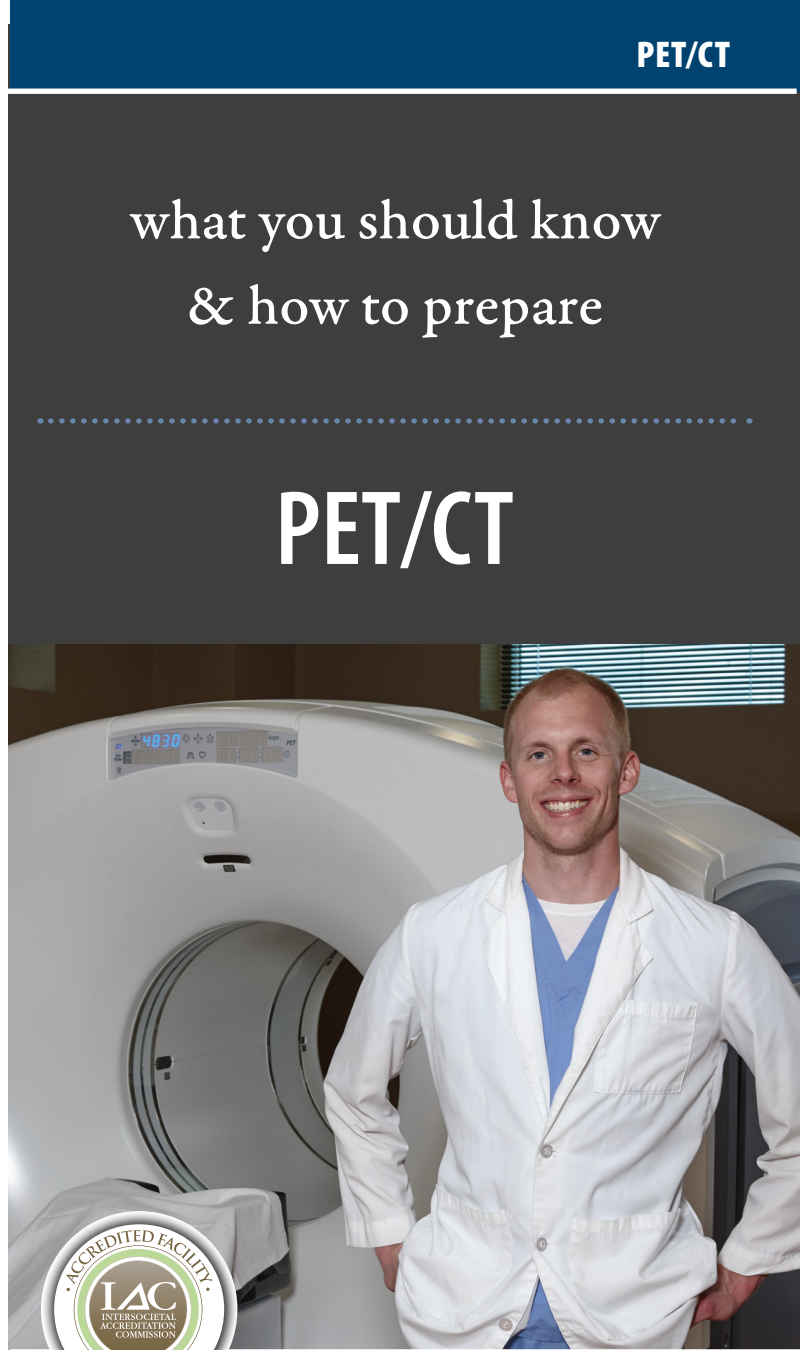
Special instructions:

Location:

- Suburban Imaging – Northwest
PET scheduling line: 763.795.0716
- LifeScan Minnesota
scheduling line: 952.893.0000

***IMPORTANT NOTE:**

FDG is formulated and ordered specifically for the patient and exam requested. FDG can only be used within a short period of time, so please notify Suburban Imaging 24 hours in advance if you have to reschedule or cancel your appointment.



what you should know
& how to prepare

PET/CT

Suburban Imaging

[www.suburbanimaging.com]

For detailed directions, visit our website:

www.suburbanimaging.com



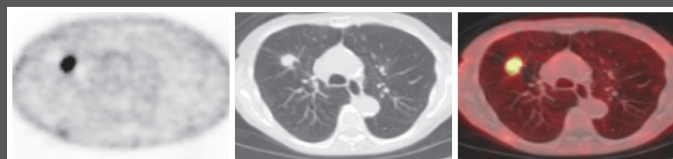
What is PET/CT?

PET/CT combines two scanning techniques into one exam: PET (Positron Emission Tomography) and CT (Computed Tomography). PET shows different functions in the body, like cell activity; CT shows detailed body anatomy. Both of these scans are performed at the same time with the PET/CT machine, during one appointment.

The PET and CT images are merged to create 3D pictures that show any abnormal cell activity/growth and location.

This information is digitally processed, stored and displayed on a specialized computer system. The digital images and data are then studied and analyzed by a subspecialty board-certified radiologist, a physician who has extensive training and expertise in medical imaging.

PET/CT is primarily used in cancer diagnosis, staging and treatment monitoring. This information may help determine and guide potential treatments.



PET scan

CT scan

PET/CT scan

How you should prepare

General

- Arrive 15 minutes early to complete registration.
- Bring your insurance card and a valid photo ID.
- Wear loose-fitting, comfortable clothing and avoid jewelry, zippers and snaps.
- As an extra precaution after your exam, avoid getting close to infants, children or pregnant women for the rest of the day.
- Please let us know if you have an insulin pump or glucose monitor. Our imaging machines may damage your device so it will need to be removed during your exam.

Diet

24 hours prior to exam:

- Restrict your diet to high protein foods and avoid carbohydrates like potatoes, pasta, rice, bread, cereals, desserts, fruit and juices. Drink plenty of low-calorie fluids and/or water.

12 hours prior to exam:

- Avoid nicotine and caffeine.

8 hours prior to exam:

- Avoid all nutritional supplements (Ensure™, Boost™, etc.).

4 hours prior to exam:

- Please do not eat until after your exam. Avoid liquid medications, gum, hard candy and cough drops.
- Do not drink anything except for water. **Continue to drink water up to the time of your exam.**

Activity

- Refrain from strenuous exercise 24 hours before your exam.

Patient Medications

- Hold all diuretic medication (water pills) the day of your exam.
- Take all other normally scheduled medication, with water, if they can be tolerated on an empty stomach.

Diabetic Patients - Blood sugar should be below 200 for this exam.

Non-Insulin Dependent Patients:

- Take diabetic medication with water the morning of your exam.
- No oral diabetic medication for 4 hours prior to your exam.

Insulin Dependent Patients:

- Eat breakfast and take your usual dose of insulin. No insulin for 4 hours prior to your exam.
- Patients on an insulin pump: schedule PET exam during AM/morning hours.
 - adjustable pump: keep on basal/night setting
 - nonadjustable pump: keep pump on

What happens during your exam

After you arrive, you will have a brief discussion with the imaging technologist and your weight and blood sugar level will be checked. An intravenous (IV) line will be placed in your arm and the technologist will inject a small amount of FDG*, a radioactive material containing glucose (sugar). This tracer material circulates through your body and will be metabolized, or “used,” by your cells and organs.

Some cells and many diseases use FDG more than others, and PET measures these differences. For this reason, after the injection of FDG you will be taken to a quiet room to relax for one hour while the FDG circulates throughout your body.

For the scanning portion, you will lie on a cushioned, moveable table and be positioned comfortably with bolsters. The table will move slowly through the machine during the scan. For the best quality images, you need to be as still as possible during the exam. The PET/CT can take 30 minutes to an hour, depending on the information your healthcare provider requested.

The imaging technologist will be outside of the room and is immediately available at all times. You will be in full view of the technologist by means of a window and a video camera. You will communicate with the technologist during the exam via a microphone.

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**Suburban
imaging**

www.suburbanimaging.com