PET/CT Patient Instructions:

- You should NOT eat or drink anything for at least six (6) hours before your scan, except for plain water (unflavored) only.

- Take all prescribed medications with water only on the day of your exam, unless instructed otherwise. ***Please consult with your physician to discuss any problems/contraindications that may conflict with your medication and this PET/CT study.

- Drink 6 – 8 glasses of water the day before your exam, and several the day of the exam to ensure hydration.

- Refrain from nicotine, caffeine, sweets, alcohol, and vigorous exercise for 24 hours before your exam.

- The day before, eat high protein (beef, chicken, fish – grilled or baked; NOT fried) and LOW carbohydrates, such as green vegetables. Do NOT eat breads, pasta, potatoes, rice, etc.

- Please inform us ahead of time if you are a DIABETIC or if you take METFORMIN, and we will discuss preparation with you.

Diabetic Instructions:

- Day of exam – You should eat breakfast 6 hours prior to your scan. Breakfast must consist of one egg, - or - a piece of plain, dry wheat toast (NO butter or jelly), - or - bowl of plain oatmeal (NO sugar at all). Drink only plain water with breakfast.
- Take your prescribed oral medication(s) for your diabetes.
- Do NOT take any regular insulin 4 to 6 hours prior to your exam!
- Do NOT inject any long acting insulin at least 12 hours before your exam!
- Does your blood sugar average above 150? If so, please call and notify us before the day of your scan.

- If you would prefer not to change into a gown, please wear comfortable clothing with no zippers or snaps.

- Please bring your prior imaging procedures, such as PET, CT, MRI with you, if possible.

- Please let us know if you might be pregnant or are currently breast feeding.

- Please do NOT bring children or pregnant women with you (due to the radioactive material that will be injected).

- If an additional diagnostic CT is ordered with your PET/CT study, please follow the same preparations as above, except do not eat or drink anything past midnight except water.

- Also, if an additional diagnostic CT is ordered with your PET/CT study; and if you have had any type of reaction to the I.V. contrast “dye” previously with a CT study, please inform the USA MCI Radiation Oncology technologist immediately.

- There are no side effects from a PET/CT scan.

- If you need to cancel, please call us at least 24 hours prior to your appointment time, at any time, at (251) 665-8000 or (251) 445-9645. Again, this is extremely important!!

Thank you for choosing the University of South Alabama Mitchell Cancer Institute
IMPORTANT !!!
Canceling or rescheduling your PET/CT scan:

The injection dose of FDG that you will be given for your scan is ordered the day before your appointment and arrives the morning of your scan. The dose is very expensive and must be used within specific hours of its delivery.

To avoid costly, unnecessary expense to YOU, it is very important that you notify us NO LESS than 24 hours before your appointment so that we are able to cancel the order for your dose. Your dose CAN NOT be used for another patient.

If you must cancel or reschedule (no less than 24 hours before your appointment to avoid charges), please call us at (251) 665-8000 or at (251) 445-9645…at any time of the day.

Location:

Patients must report to the patient registration desk at the Radiation Oncology Reception area on the Terrace level of the USA Mitchell Cancer Institute. After registering, you will be directed to the PET/CT suite by the receptionist. For driving directions, please visit our website: www.usapetct.com.

What is PET/CT?

PET stands for Positron Emission Tomography, and PET/CT is the combination of two imaging techniques, a PET scan & a CT scan, into one exam. The PET scan provides unique information about your body on a cellular level while a CT scan offers anatomic information. With both combined, the PET/CT scan helps physicians better understand the exact location and extent of disease. That information allows physicians to develop the best treatment plan for each specific patient…you. PET/CT can also reveal disease when CT or MRI alone is negative or inconclusive.

Why might my physician refer me for a PET/CT scan?

PET/CT can provide early diagnosis and accurate identification of whether and/or where the cancer has spread. During and after treatment, PET/CT can assess whether the treatment has been successful, by showing a decrease in glucose (FDG) utilization/uptake by the tumor. PET/CT can be used for restaging, and provides early detection and localization of cancer recurrence. It can be critical in evaluation of patients in whom previous surgery or radiation therapy has resulted in scarring and distortion of normal anatomy, which hinder evaluation by CT or MRI.

University of South Alabama
Mitchell Cancer Institute
Radiation Oncology Service
PET/CT Imaging
1660 Springhill Ave.; Terrace Level
Mobile, AL 36604
Telephone: (251) 445-9645
or
Main USA MCI Tele.: (251) 665-8000
Fax: (251) 445-8362

About the Scan:

You will receive an intravenous injection of a radioactive tracer, called FDG, and will then rest privately for approximately 1 hour in a quiet, dimly lit room while the tracer is distributed throughout your body.

You will then be asked to lie on a table that passes slowly through the scanner. The CT portion of the test sends x-rays through the body that are processed to show your body structure. The PET portion of the test produces a whole body map of the tracer distribution. The scanning process will take approximately 20 – 25 minutes. However, your entire stay will take at least two hours. Please make arrangements and be prepared to stay during this entire time.

Common Uses of PET/CT:

- Determine benign from malignant tumors in suspicious areas
- Survey the whole body for cancer that may have spread
- Monitor success of therapy
- Detect recurrent tumors
- Assess tumor aggressiveness

***Please read and follow the Patient Preparation Instructions on the back side of this pamphlet !!! (Turn pamphlet over)