

Frequently Asked Questions

Q. Can my exam results be given to me?

A. No. The results will be sent to the physician who ordered the test. Your physician will discuss the test results with you at your follow-up appointment.

Q. Does PET replace MRI and CT scans?

A. No. Actually PET is very complimentary to these imaging techniques. MRI and CT look at your anatomy, while PET strictly measures the amount of metabolic activity in your body. PET imaging helps your doctor to better manage your healthcare and treatment plans.

Q. What should I wear to the PET/CT scan?

A. Wear warm comfortable clothing with no zippers, metal buttons or snaps.

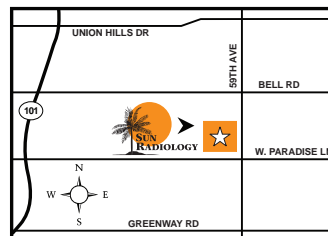
Q. Are there any preparations needed for this exam?

A. Yes—the preparations for this exam are very important. Please see the PET/CT Examination Preparations portion of this brochure. Your exam preps must start 24 hours BEFORE the exam.

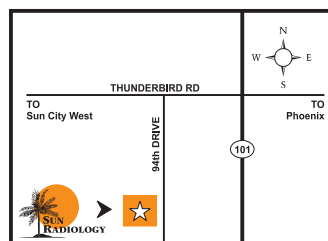
Q. Why is there a special diet?

A. You are injected with a minute amount of radioactive sugar or a radiotracer for this study. Any other sugar and/or carbohydrates will interfere with the images by competing with the radiotracer.

FYI Please notify your technologist if you will be traveling by air or across the border of the U.S. within 24 hours after your exam. Radiotracer may interfere with security scanners.



Glendale
16222 N. 59th Ave.
Suite C 150
Glendale, AZ 85306



Sun City/Peoria
13090 N. 94th Dr.
#103
Peoria, AZ 85381

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Go to www.sunradiology.com for turn by turn driving directions

All cancellations must be made 24 hours prior to the exam.

Please call us if you have any questions and one of our PET/CT Technologists will be happy to assist you.



A Patient's Guide to PET/CT Imaging

623-815-8200

**Now Open Weekends and Evenings
for your convenience**



A Patients Guide to PET Imaging

What is a PET /CT scan?

Positron Emission Tomography (PET) is a unique non-invasive test. PET images functional processes, such as tumor metabolic activity, rather than imaging anatomy, as is done with CT or MRI. Combined PET/CT devices provides both the metabolic information from the PET and anatomic information from CT in a single examination.

How does a PET /CT scan work?

You will receive an injection of a radioactive tracer called FDG. FDG is a radioactive sugar that is consumed by all of the cells in your body. This tracer emits energy in the form of Positrons, which are captured by the camera and are used to recreate 3-D images of your body (Tomography). Hence the acronym, PET - Positron Emission Tomography.

How long will the exam take?

When scheduled for a PET/CT scan expect to spend up to 2-3 hours at the clinic for the exam. Due to the nature of the exam specific radiotracer used in this study – it is important to be on time. All cancellations must be made 24 hours before scheduled exam.

Do I need to remove my clothes for the exam?

No. You should wear warm, comfortable clothes without zippers, metal buttons or snaps, etc. We have an exam gown available if you should need to change for the exam.

Will I feel differently after the injection?

No. In fact you may resume your normal activities immediately after your exam. It is recommended that you avoid close contact with children or pregnant women for about 6 hours following your exam.

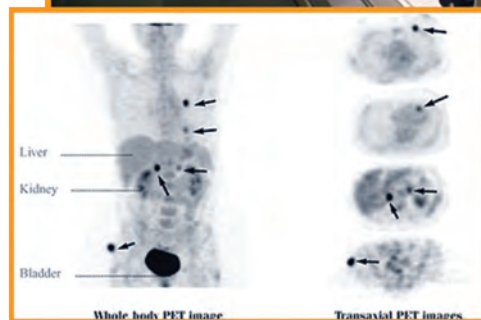
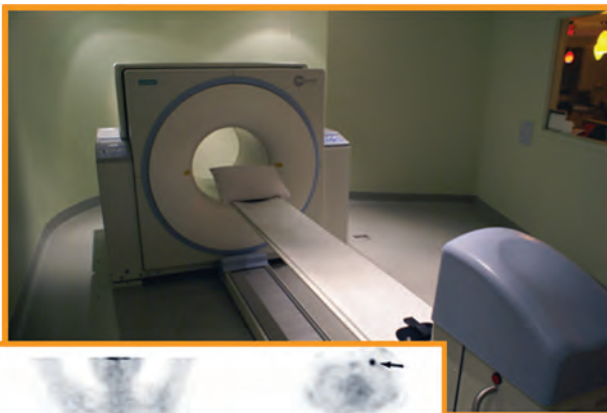
Can I take my medication?

You may take the medications prescribed by your physician on the day of the exam UNLESS you are a diabetic and insulin dependant. If you fall into this category please contact Sun Radiology for special instructions from our Technologist.

What will happen at my appointment?

Upon arrival for your appointment you will be injected with the radiotracer. You will feel a slight pin prick at the injection site. You will be asked to lie quietly, without movement and without talking for 45-60 minutes while the radiotracer moves throughout your body or into the area being studied. You will be moved to the PET/CT Scanner. The Technologist will position you on the examination table. The PET scanner is a donut shaped ring similar to a CT scanner or MRI. You will be asked to lie still for a period of time usually 40-60 minutes while the camera records the emission of energy from the radiotracer in your body. The scan is painless; although some discomfort may result while remaining in one position for the duration of the scan.

PET/CT Scanner at Sun Radiology



PET/CT Images

PET PREPARATIONS & DIET INSTRUCTIONS

Day of PET Exam:

- 6 Hours prior to your exam you must have nothing to eat or drink EXCEPT you may have water and any medication prescribed by your physician
- We encourage you to drink 20 ounces of water so that you are well hydrated
- Wear warm, loose fitting, comfortable clothing with no metal

Day Before PET Exam:

- 24 hours prior to your exam do not do any vigorous exercise or strenuous activities
- 24 hours prior to your exam do not eat any foods that are high in carbohydrates or sugar *(Please refer to diet listed below for guidance)*
- We encourage you to drink 80 ounces of water so that you are well hydrated

Special Instructions for Diabetic Patients:

- Please be aware that your blood sugar must be below 180 for the exam to be completed
- You may take your usual diabetic medication if needed to achieve this blood sugar
- If you have any questions please do not hesitate to call and ask to speak with a technologist

Foods You CANNOT Eat 24 Hours Prior to Your Exam:

- | | | |
|--------------|-------------------------|--------------|
| ➤ Potatoes | ➤ Rice | ➤ Breads |
| ➤ Corn | ➤ Carrots | ➤ Crackers |
| ➤ Pasta | ➤ Beets | ➤ All Fruits |
| ➤ Juice | ➤ Tomatoes | ➤ Sauces |
| ➤ Condiments | ➤ Artificial Sweeteners | |

Foods You CAN Eat 24 Hours Prior to Your Exam:

MAIN COURSE

Meats (Beef, Fish, Chicken, Pork, Tuna), Eggs

VEGETABLES

All Green Vegetables (Broccoli, Asparagus, Zucchini, Green Beans), Mushrooms, Cauliflower

DESSERT - Cheese, Cottage Cheese

DRINK - Water, Black Coffee, Unsweetened Tea

- Expect to spend approximately 2 hours at your appointment.
- Due to the expensive and individual nature of the medicine used, we ask that all cancellations be made by 5:00 pm the day before the exam.