

Bone PET/CT Scan: Patient Preparation for Best Results

A bone PET/CT scan generates clear images of your bones using CancerCare Northwest's PET/CT scanner. You will need to prepare for the scan by following the dietary guidelines below, and note that there are also guidelines to follow after the procedure. **If you have any questions, call the PET/CT Center at 509.228.1630.**

**** If you need anxiety medication, please contact your physician 7 days prior to the scan so that they can order it. ****

THE DAY BEFORE YOUR BONE SCAN:

- **Water:** Make sure that you hydrate well the day before your bone scan. For optimal results, we recommend drinking 4 to 6 extra glasses of water, beyond what you normally drink, the day before your exam. Do this only if you are not restricted to low fluid intake.

THE DAY OF YOUR SCAN:

- You may eat or drink fluids as you normally do.
- Drink two 8-ounce glasses of water the day of your scan prior to your arrival.
- Wear warm, loose-fitting clothing; the scanning room tends to be quite cool. You will NOT be required to remove your clothing prior to the scan unless it contains metal (including underwire bra, jewelry & hair pins/clips).
- If you are already on anxiety medication, take it 1 hour before the scan & bring additional medication with you.
- Allow 2 – 2 ½ hours to complete the procedure.
- Port Patients: Be sure to wear a button down shirt so our nurse can access your port easily. Also, if you have numbing cream please put it on before your appointment.

THE SCAN – WHAT TO EXPECT:

Upon arriving, check into CancerCare Northwest Suite 102 located on the basement level of the Deaconess Health and Education Center. After check in, you will be escorted to our PET/CT Center and an I.V. will be inserted into a vein in your arm (unless you have a port). The I.V. will be injected with a small amount of a radioactive tracer that will show any disease occurring in your bones. **This injection is not harmful to your system and will not cause any side effects.** It will be eliminated from your system by the next morning.

After the injection, you will be asked to wait at our facility during the uptake period (the time period between injecting the tracer and completing the scan), which will take about 1 hour. During this time you will be waiting in a room in a recliner. You can bring reading material, games, iPads, iPods, etc.

After the waiting period, the scan takes approximately 45 minutes to one hour, and you will need to remain as still as possible during it. Once you are done, you will be allowed to leave.

AFTER THE SCAN:

You should avoid being within 10 feet of infants, children, pregnant women, and/or breast-feeding women for the remainder of the day. You will need to continue drinking water and emptying your bladder for the rest of the day. The next morning you will be fine to resume normal activities and contact with anyone.