

Name: \_\_\_\_\_

PET/CT date/time: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Physician: \_\_\_\_\_

Special instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

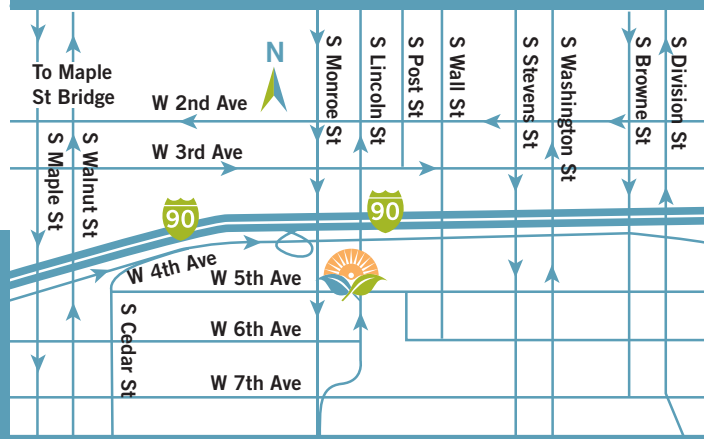
**Please arrive at your appointment 20 minutes early. If you must cancel your appointment, please give 24-hour notice.**

- Contact the PET/CT nurse to verify if medication can be taken prior to your exam.
- Arrange for someone to drive you home after the exam if premedication is given. If you do not receive premedication, you will be able to drive yourself home.
- Do not eat for a minimum of 6 hours prior to the exam. Drink plenty of water.
- If you are diabetic, let us know ahead of time so we can determine the safest possible way to prepare you for the exam.
- Avoid vigorous activity 24 hours prior to your exam.
- Avoid coffee, chewing gum and cigarettes on exam day.
- Wear comfortable, warm, layered clothing with no metal (no jeans).
- Please let us know if you are pregnant, might be pregnant or are breast feeding.
- Please let us know if you feel feverish prior to the exam.

If you have any questions, please call the PET/CT nurse at 509-228-1629.

### About Cancer Care Northwest

Cancer Care Northwest is the Inland Northwest's premier, integrated cancer center offering medical, surgical and radiation oncology in a compassionate, healing environment. Our unique approach combines a team of cancer specialists paired with innovative technology, advanced treatment therapies and support services to provide care for the whole person.



Cancer Care Northwest is located on the lower level of DHEC. Parking is available for CCNW patients on yellow level C of the parking garage. Turn right into the parking garage until you reach level C.

**PET/CT Scheduling:** 509-228-1630  
**PET/CT Technologist:** 509-228-1628  
**PET/CT Nurse:** 509-228-1629

#### Deaconess Health And Education Center (DHEC)

910 W 5th Ave, Ste 102 and Ste 130  
 Spokane, WA 99204  
 509-228-1635  
 509-838-3809 fax



[cancercarenorthwest.com](http://cancercarenorthwest.com)



## PET/CT

Innovative Imaging Technology



## What is a PET/CT?

A PET/CT scan is a non-invasive and painless procedure. A PET/CT scanner combines two powerful imaging modalities into a single oncology exam. Positron emission tomography (PET) provides metabolic information that tells physicians about the nature of the tumor, such as if it is cancerous or not. Computer tomography (CT) takes clear images of anatomy where normal and abnormal activity is taking place. The PET/CT exam helps physicians detect, localize and assess the stage of a variety of cancers, including:

- Breast
- Cervical
- Colorectal
- Esophageal
- Head and Neck
- Lymphoma
- Lung
- Melanoma
- Thyroid
- Uterine



## Why do I need this exam?

Your PET/CT exam results may have a major impact on your diagnosis and treatment plan. A PET/CT exam not only helps detect and diagnose cancer, it also helps physicians prescribe the most effective therapy, such as chemotherapy, surgery or radiation. Based on your PET/CT results, physicians can monitor your progress with follow up scans if necessary. Radiation therapy can also be more precisely targeted.

## What can I expect at my PET/CT scan appointment?

- 1. Your Arrival.** Your PET/CT scan will take place at the Deaconess Health and Education Center (DHEC). A Cancer Care Northwest nurse will take you from CCNW's Suite 102 to our PET/CT Center in Suite 130. A nurse or technologist will then review your medical history and answer any questions you may have.
- 2. Blood Sample.** A small blood sample will be taken from your fingertip to check your blood sugar level.
- 3. Tracer.** You will receive a small amount of radioactive isotope through an IV into your bloodstream. This substance is called a "tracer" and will be distributed throughout your body. The tracer will be excreted by your kidneys or bladder in 2-6 hours.
- 4. Oral Contrast.** The technologist may give you a bottle of oral contrast. This is a drink that will help the radiologist clearly see your stomach and intestines by distinguishing them from other structures in your abdomen.

- 5. Relax.** Following the injection, you will be asked to relax for about 45 minutes to one hour prior to your PET/CT scan in a patient resting room.
- 6. The Scan.** The scan should last between 25-30 minutes, however, some scans may take longer depending on the type and location of the disease. You will lie down on a padded table that moves slowly through the PET/CT scanner as it gathers information needed to produce diagnostic images. During the scan, you will be asked to remain very still because movement can interfere with results. When the procedure is complete, the scanner will send the information to a computer that displays the fused PET and CT images. A radiologist and your physician will review the results. Your physician will discuss the results with you.
- 7. After the Exam.** If you had a premedication prior to the exam, you will need someone to drive you home. Once the exam is complete, you can leave. Unless you receive special instructions, you will be able to eat and drink immediately. Drinking lots of fluids following your scan will help remove the tracer from your system.

