

PET/CT Bone Scan: Patient Preparation Instructions for Best Results

A bone PET/CT scan generates clear images of your bones using Cancer Care 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, please call our PET/CT Center at 509.228.1715.

- * **If you need anxiety medication**, please contact your physician's office at least 7 days prior to your appointment so that it can be ordered in time for your scan.

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 BONE 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, as the scanning room tends to be quite cool. Try to avoid wearing jeans. You will NOT be required to remove any clothing prior to the scan unless it contains metal, which includes **jeans, zippers, underwire bras, jewelry, hair pins, etc.**
- Allow 2 – 2 ½ hours to complete the procedure
- If you take anxiety medication, take it 1 hour before the scan & bring additional medication with you.

PORT PATIENTS - ADDITIONAL INSTRUCTIONS

- Ports can be accessed in the infusion room prior to your scan. Please notify the scheduler if you wish to have your port used.

THE BONE SCAN – WHAT TO EXPECT:

Upon arriving, check into the Cancer Care Northwest South Spokane Treatment Center (601 S Sherman Street). After check in, you will be escorted to our PET/CT room and an I.V. will be inserted into a vein in your arm or your port, if you have one. 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 may bring reading material, games, iPads, iPods, etc.

After the uptake period is completed, the scan will be performed. It will take approximately 45 minutes to an hour, and you will need to remain as still as possible during that time. You may leave once the scan is completed.

AFTER THE BONE SCAN:

- **Avoid being within 10 feet of infants, children, pregnant women, and/or breast-feeding women for the remainder of the day.**
- Continue drinking water and emptying your bladder throughout the rest of the day.
- You may resume normal activities and contact with others on the following morning.