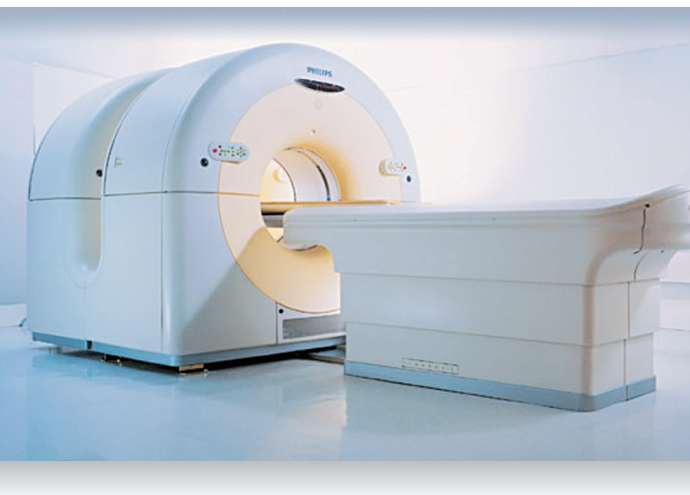


*A Patient's Guide to*  
**PET / CT**

Positron Emission Tomography (PET)  
Computerized Tomography (CT)



### After the Exam

Once the total scan has been performed you may resume normal daily activity. Even though the FDG will quickly leave your body, you can expedite the process by drinking plenty of water after your scan is complete.

Your PET/CT scan results will be reported to your referring physician. Please contact your physician for the scan results.

Consult your physician prior to your PET/CT scan if...

- You are or may be pregnant,
- You are diabetic,
- You are unsure if you should take your medication, or
- You have had recent radiation therapy.

  
**SAN DIEGO imaging**  
[www.sdimaging.com](http://www.sdimaging.com)

#### San Diego Imaging Chula Vista

765 Medical Center Court, Suite 100 | Chula Vista, CA 91911  
Tel 619.397.6577 | Fax 619.502.8585

#### San Diego Imaging Escondido

1955 Citracado Parkway, Suite 100 | Escondido, CA 92029  
Tel 760.743.3873 | Fax 760.743.3874



  
**SAN DIEGO imaging**

## What is a PET/CT Scan?

PET is an acronym for Positron Emission Tomography. PET is a test that uses special imaging cameras and a radioactive type of sugar to produce pictures of the function and metabolism of the cells in the body.

CT stands for Computerized Tomography. CT is an x-ray test that generates a detailed view of the anatomy or structure of organs and tissues in the body. The CT scan can show the dimension of vessels, lymph nodes and organ systems.

A PET/CT Scan merges both of these technologies into a single machine. It provides a picture of function (PET), a picture of anatomy (CT) and a merged picture of both the body's metabolism and structure.

## Preparing for the Exam

Typically you will be asked not to eat 6-8 hours prior to the exam but you can drink water. If you are taking medication please consult with your physician before the exam. Most medications can be taken the day of the exam. If you are a diabetic, you will be given instructions on how to prepare for the PET/CT exam.

- Please avoid strenuous exercise 24 hours before your appointment.
- You may be asked to avoid consuming carbohydrates prior to your exam.
- You may be asked to put on a gown for the exam, so dress comfortably and expect to change your clothes.
- Please do not wear any jewelry.

It is very important that you prepare properly for a PET/CT exam. You may refer to the reverse side of your PET/CT Scan Referral form for more detailed information.

Please do not hesitate to call our office if you have any questions. Our Chula Vista office can be reached at (619) 397-6577 and our Escondido office can be reached at (760) 743-3873.

## The Exam

Prior to the exam, the PET/CT technologist will test your blood glucose level. You will then receive a small injection of radioactive sugar (FDG). You will be asked to sit or lay down on a comfortable chair or bed for 30-60 minutes while the FDG travels throughout your body.

After this short time, the technologist will assist you to the scanner. The CT portion of the exam is completed first, followed by the PET portion. You may be asked to hold your breath for several seconds while the CT scan is performed. The technologist will tell you if this is needed.

It is important that you do not move for the duration of the scan. The length of the exam is determined by your height and area of interest. Most PET/CT scans are typically completed within 20-40 minutes.

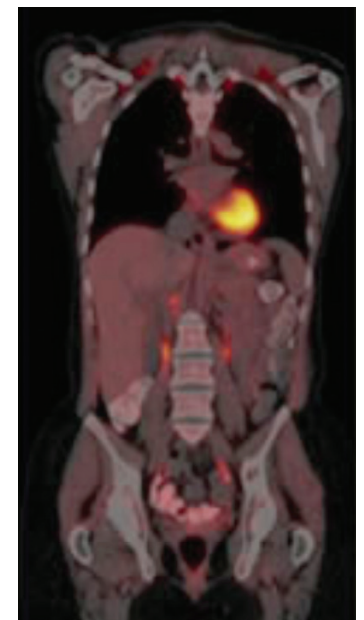
When the total scan is finished, the computers will produce and fuse images for the radiologist to review and interpret.



*PET Image*



*CT Image*



*Merged PET and CT Images*