PET Scan

What is a PET Scan?
- A PET (Positron Emission Tomography) Scan looks at the cell activity inside your body. Your doctor can use this information to diagnose and treat disease.

How does it work?
- A PET scanner takes pictures of how your body uses a small amount of radioactive sugar called FDG. This medicine is given before the scan through an IV.
- FDG collects in areas of your body that have higher levels of metabolic activity. These areas show up as bright spots and can be areas of disease.

Why is it done?
DOCTORS USE THIS TEST TO:
- Find and diagnose diseases like cancer
- See how medical treatments are working
- Find the area of the brain causing seizures
- Find the cause of memory loss
- Check for heart problems

How do I prepare for the test?
THE DAY BEFORE YOUR TEST:
- Eat a low carb diet.
  - Limit bread, pasta, potatoes, cereals, rice, deserts, candy and sugar.
  - You should eat foods high in protein and fats, like meat, cheese, eggs, and yogurt.

THE DAY OF YOUR TEST:
- Do not eat anything for at least 6 hours before your test.
  - This includes hard candy, gum, or drinks with sugar.
- Do drink lots of plain water on the day of your test.
- Do not take diabetes medicines for 6 hours before your test is scheduled.
  - All other medicines may be taken with water the day of your test.
  - Please call us at 314-362-4738 if you have any questions.

(continued on back)
PET Scan (continued)

- Wear comfortable clothes.
  ➢ If possible, do not wear clothes with metal (no snaps, buttons or zippers).
- It is important to arrive on time.
  ➢ The FDG is ordered for your appointment.
    It may not be able to be used if you are late.

During your scan:
- A small IV will be inserted in your arm or hand.
  This will be used to check your blood sugar and to inject the FDG.
- You will then rest quietly for 45-60 minutes.
  This gives the FDG time to circulate in your body.
  After that, you will use the restroom to empty your bladder.
- You will then move to the PET scanner.
  You will lie on your back for 20-50 minutes while the pictures are taken.
- Total time: about 1.5 to 2.5 hours.

After your scan:
- Please drink plenty of water for the rest of the day.
- You should not have any side effects.
- You can resume all normal activities.
- Results: Your scan will be read the same day.
  The results will then be sent to your doctor.

If you have questions about your test, please call (314) 362-4738.