

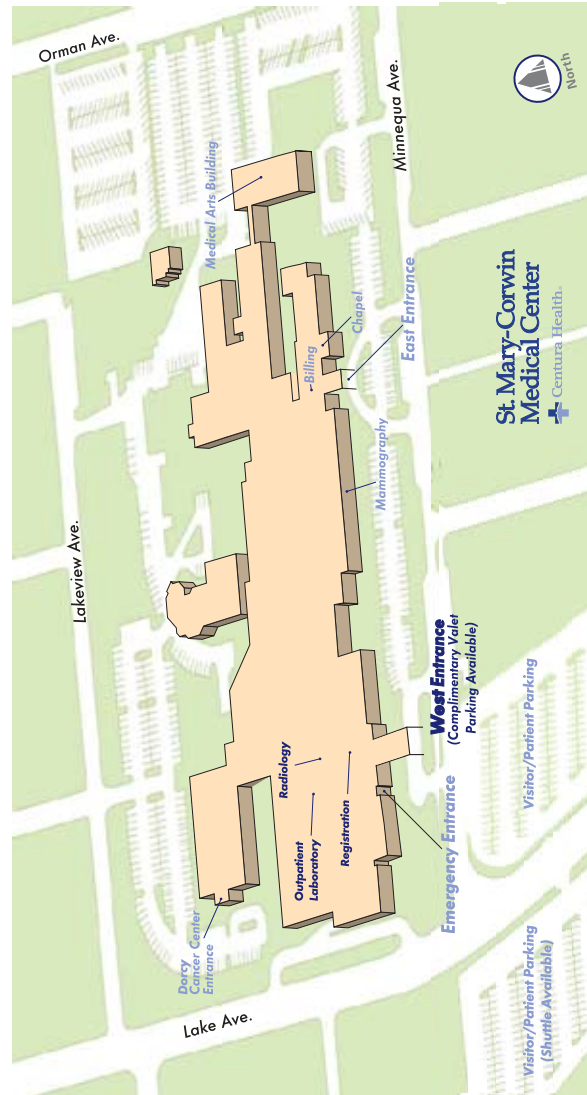


Welcome to St. Mary-Corwin Medical Center for your PET scan. PET scans (positron emission tomography) are a type of nuclear medicine scan that evaluate the metabolism of tissues. Unusual activity can indicate disease not detected by other diagnostic tests.

A PET scan is a unique type of nuclear imaging that detects utilization of sugar in your body. These scans use glucose, a sugar that your body utilizes for energy. The glucose radiotracer is injected into your bloodstream 30 to 60 minutes before your scan.

Once you have the injection and throughout the exam, rest quietly and avoid movement or talking, as this may alter the distribution of the substance in your body. You won't be able to feel the radioactive tracer in your body.

PET images are superimposed with computed tomography (CT) to produce specialized views that allow information from two different studies to be correlated and interpreted on one image. This "image fusion" creates more precise information and accurate diagnoses. PET is extremely sensitive in detecting cancer.



St. Mary-Corwin Medical Center



1008 Minnequa Avenue
 Pueblo, Colorado 81004
 Phone: 719-557-4000
 Toll Free: 800-228-4039
www.stmarycorwin.org

Name: _____

Appointment Date: _____

Appointment Time: _____

Important Information About Your PET Scan



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Estimated time

Your procedure may take two to three hours.

What to wear

The scanning room can be cool, so wear warm, loose fitting clothing without metal snaps or zippers.

You do not need to remove your clothing prior to the scan. But be prepared to remove anything with metal, such as an under wire bra, jewelry, hairpins, hairclips or keys.

Coming to the hospital

Please arrive 30 minutes early for registration. Enter the hospital through the west main entrance (see map on back). Check in at the registration desk. You will then proceed to the radiology department. Bring your insurance card and a photo ID. Insurance co-payments are expected at time of service.

Parking

Parking at the hospital is limited. For your convenience, St. Mary-Corwin is pleased to provide free valet parking services at the west main entrance.

Pre-registration

You can save time by pre-registering online or by phone up to one day prior to your exam. To pre-register online, simply log onto stmarycorwin.org and select the pre-register icon. To pre-register by phone, call (719) 557-4444, press option #2.

Cancellation Policy

If you are unable to make your appointment then you must give us 24 hours notice or you will be charged \$529.00 for the cost of the isotope.

Preparation

Diet

- A high protein, low carbohydrate diet for 24 hours prior to your test can improve the quality of your PET images. High protein foods include meat, eggs, asparagus, green beans, broccoli, green salad and nuts (with the exception of peanuts).

Carbohydrates to avoid include juices, sodas, sweetened / vitamin waters, sweets of any kind, breads, tortillas and starchy vegetables such as corn, peas, pinto beans, potatoes and rice.

- Please do not eat for six hours prior to your appointment. Drinking plain water is fine. Avoid gum, breath mints, cough drops, hard candy or anything with sugar. If your blood sugar level is too high, your scan will be invalid.

Diabetes

- If you have diabetes, your blood sugar needs to be below 200 to do the scan. Your PET scan technologist will test your blood sugar prior to the exam. You do not need to bring your monitor. If you take oral medications for diabetes, please wait until the exam is complete to take them. If you take insulin for diabetes, take your regular dose of long-acting and short-acting insulin the night prior to your scan. In the morning, take half of your usual dose of insulin but not within two hours prior to your appointment. Remember, you will not be eating breakfast the morning of the PET scan.

Medications

- Other medications can be taken as scheduled prior to your appointment as long as they are tolerated on an empty stomach. If you have back or joint pain, consider taking over-the-counter pain medications, as you must lie still and mostly flat for about one hour.
- If you are on intravenous fluids containing glucose or TPN solutions, your healthcare provider will discontinue use six hours prior to the exam.

Exercise

- NO strenuous exercising 24 hours prior to your appointment.

Other Considerations

Pregnancy

Because PET scans use radioactive materials and sometimes X-rays, it is crucial to inform your technologist if there is any possibility of pregnancy, if you are pregnant or if you are breastfeeding.

Claustrophobia

If you are claustrophobic, talk with your physician.

Superior Service

St. Mary-Corwin Medical Center is home to southern Colorado's most innovative imaging technologies. Such advancements redefine the way doctors diagnose and treat many illnesses.

St. Mary-Corwin's radiology department features board-certified physicians, trained at institutions of excellence – compassionate specialists at the cutting-edge of diagnostic imaging. Nuclear medicine technologists are double-registered, bringing you the highest level of experience and expertise, and insuring only the best imaging results are achieved.

St. Mary-Corwin also features the only team of radiology nurses in southern Colorado trained specifically for the imaging department. Radiology nurses demonstrate clinical skills and imaging technology knowledge to anticipate and plan for patient needs, enhancing patient care. Our quality of care offers you the best patient experience.

St. Mary-Corwin Medical Center

