



**Did your  
doctor  
request a  
PET/CT  
exam?**

**Here's  
what you  
need to know  
before your  
appointment.**

**Facility name**

**Facility logo**

## What is a PET/CT exam?

A Positron Emission Tomography (PET)/Computed Tomography (CT) exam is a type of medical imaging that shows biological functions and detailed anatomical structures together. You can think of it like an X-ray, except an X-ray only gives us a picture of the structures in your body. A PET/CT image tells us how specific organs and tissue function.



## Why is it used?

A PET/CT exam is usually ordered to diagnose or find out more about a specific disease state in the body. The PET portion of the exam reveals how organs and tissues are functioning at the cellular level, and the CT portion of the exam provides anatomical information, such as size, shape, and location. Combining these two technologies enables physicians to accurately diagnose and identify cancer, heart disease, and brain disorders.

At our facility, we have a Siemens Biograph Horizon™ PET/CT system, which offers a high level of image quality. The high image quality and outstanding resolution of our system can help your physicians obtain a more accurate picture about your health. With it, we can increase the potential for an earlier diagnosis by helping physicians see even the smallest of lesions, guide the most effective therapy, and evaluate if your treatment is working.



### Is it safe?

At our facility, we are dedicated to the highest levels of patient safety—which is why our healthcare team selected the Biograph Horizon system. All PET/CT systems use small amounts of ionizing radiation that pass through your body to create an image. The Biograph Horizon features technology that provides the right low dose for each individual patient while still maintaining the excellent image quality your physicians need.

In addition to a small amount of ionizing radiation, PET imaging requires the use of a radioactive form of glucose called a radiopharmaceutical. Different types of diseased cells use more or less glucose, and the radiopharmaceutical helps doctors identify those cells. Only a small amount of radiopharmaceuticals are used for PET/CT imaging. The radiation does not stay in your body for very long. The isotopes used in the radiopharmaceutical often decay within a few hours.



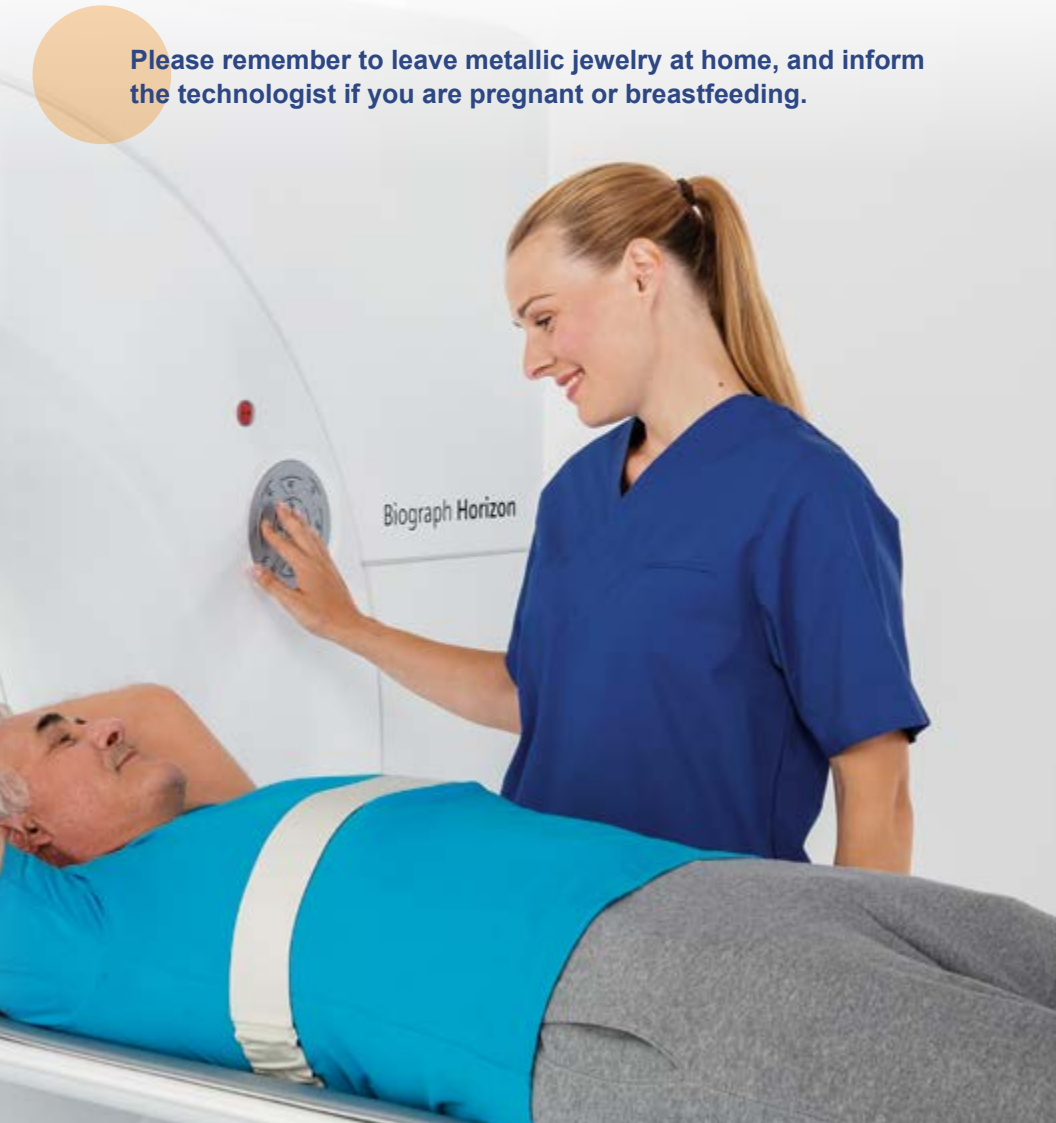
If you have additional questions or concerns, please contact your physician.



### **How do I prepare for my exam?**

Every PET exam requires a radiopharmaceutical (also known as a biomarker). As a result, you may need to fast for several hours prior to the exam. You should also ask your doctor if you should take routine medications prior to your appointment.

**Please remember to leave metallic jewelry at home, and inform the technologist if you are pregnant or breastfeeding.**



### **What will happen at my appointment?**

You'll be asked to change into a gown and then you will lie down on a patient table. You'll receive an injection of a biomarker to help the radiologist better visualize structures in the body. A small intravenous (IV) line will be placed in your arm, and you will need to wait an hour post injection before the PET/CT exam can begin. The scan itself can take anywhere from 15–35 minutes, but you should plan on being at the imaging facility for approximately 2 to 3 hours.

The PET/CT system is shaped like a large doughnut, and the center of it is called the bore. Once you are on the table, the technologist will help you get into the correct position. The patient table will move slowly through the gantry. The technologist may ask you to hold your breath during the exam, and you'll hear a low whirring sound as the exam takes place.

*It's very important that you try not to move during the exam.*



## When will I get my results?

The results are sent to your physician within 24–48 hours. You should contact your doctor to discuss the results.

## Your PET/CT Exam Checklist

- ✓ Remove all metal objects, such as a belt or jewelry.
- ✓ Bring images from previous examination (including X-rays) with you.
- ✓ Discuss with your doctor how many hours you will need to fast before the examination.
- ✓ Let your physician know if you have had previous allergic reactions.

Your PET/CT imaging appointment is on

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## NOTES

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