

# What you need to know about Positron Emission Tomography (PET)

*Preparing for your procedure.*



**Your wellness is  
our priority.**

St. Paul Radiology takes great pride by providing you with the best care and service experience in the East Metro area.

We want to ensure you a positive experience at one of St. Paul Radiology locations by offering information on Positron Emission Tomography (PET).

Positron emission tomography (PET) is a nuclear medicine imaging technique which produces a three-dimensional picture of functional processes in the body. This is different from other traditional imaging techniques such as CT and MRI, which primarily evaluate the structure of the body.

## **What is a PET scan?**

Your physician has ordered a Positron Emission Tomography (PET) scan that will provide important information about many conditions affecting the heart, brain or other organs. This will help your physician plan the appropriate treatment for you. PET images are different than those from conventional imaging, such as X-Rays, CT, Ultrasound or MRI, because they contain information about tissue function.

## **The Day Before your PET scan:**

Drink at least 2-3 glasses of water during the day and take your medications as scheduled. If you are a diabetic, follow your normal diet. Do not perform any strenuous activity during the 24 hours before this procedure. This includes but is not limited to: running, physical fitness, heavy lifting and repetitive motion.

### **How much time should I allow?**

Plan to spend approximately 2 1/2 hours at the imaging center.

### **How should I prepare for my PET scan?**

Do not perform strenuous activity 24 hours prior to this procedure. This includes but is not limited to: running, physical fitness, heavy lifting and repetitive motion. If your occupation requires a high level of activity, you may need to take off the day prior to your scan.

### **Can I eat or drink before my scan?**

For a 24 hour period prior to your PET scan, please drink extra fluids. If you are diabetic, follow your normal diet and take your medications as scheduled. During the 4 hours prior to your scan, please drink 2 glasses of water. Do not eat or drink anything else during this period.

### **How does the procedure work?**

You will receive an injection of a radioisotope solution into a vein in your arm. You may also be asked to drink CT contrast. After the injection, you will rest in a comfortable position and wait approximately 60 minutes for the solution to be thoroughly distributed throughout your body. You will be taken to the restroom and asked to empty your bladder prior to the imaging procedure. During the exam you will lie on your back on the scanning table and every effort will be made to ensure that you are comfortable. The scan takes approximately 30 to 60 minutes to perform.

## **The Day of your PET scan:**

During the 4 hours prior to your appointment:

1. Do not eat anything - that means nothing in your mouth, not a mint, cough drop or even chewing gum.

2. Do not drink any liquids of any kind except for two 8 oz. glasses of plain water - that means NOTHING added to the water. You may take solid pills, but only with the water.
3. If you are a diabetic, do not inject any insulin during the 4 hours prior to your appointment. You may take your diabetes pills with water. Your blood sugar MUST be below 200 when you arrive for your appointment for our test to work.
4. If you eat anything, drink anything besides plain water, or inject insulin during the 4 hours before you appointment we will not be able to do your PET scan.

### **How will I feel after the scan?**

After the procedure you may resume normal activities. There are no side effects from the radioisotope solution. You will be able to drive immediately.

### **For your comfort, please be sure to:**

If you are insulin dependent, do NOT inject any insulin during the 4 hours prior to your procedure, but do bring your insulin along with you to the exam.

### **How will I receive my PET scan results?**

A Board Certified Radiologist (a physician who specializes in interpreting diagnostic images) will study the images from your examination and send a report to your physician.



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The Value you deserve.**

**St.PaulRad.com**



## We want all our patients to be **THIS** satisfied.

Over 98% patients surveyed said they were satisfied with their experience at St. Paul Radiology. We understand their concerns and make them a priority.

*See what they have to say and let us know about your experience at:*

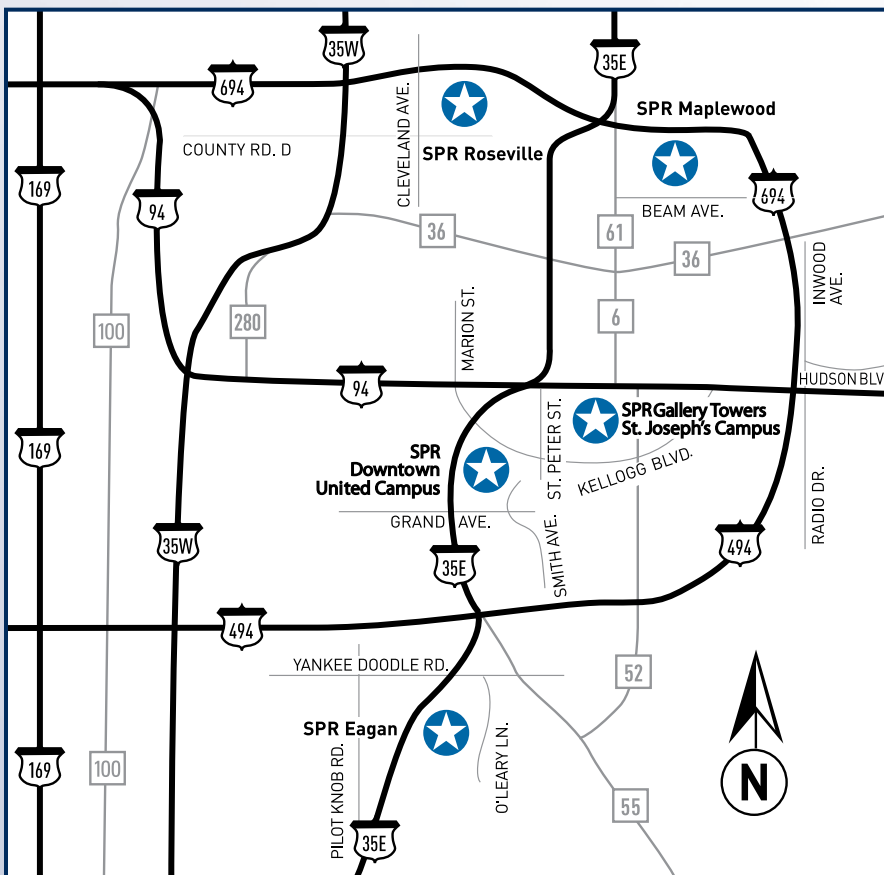
**OurPatientsSpeak.com**

If you have additional  
questions, please contact  
St. Paul Radiology at

**651.602.7200.**



## Five East Metro area outpatient imaging centers for your convenience.



Map not to scale.

### GALLERY TOWERS

514 St. Peter St. Ste. #100  
651.726.6500

### EAGAN

1185 Town Centre Dr. Ste. #125  
651.454.8660

### DOWNTOWN

250 Thompson St.  
651.297.6504

### MAPLEWOOD

1723A Beam St.  
651.747.4500

### ROSEVILLE

3130 Cleveland Ave. N  
651.631.0210

**StPaulRad.com**

## Appointment

Name: \_\_\_\_\_

Location: \_\_\_\_\_

At: \_\_\_\_\_ : \_\_\_\_\_ On: \_\_\_\_\_ (Day), \_\_\_\_/\_\_\_\_/\_\_\_\_ (Date)



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**The Value you deserve.**

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