

Why an FDG PET/CT Fusion Scan?

Oncology Patients:

Malignant (cancerous) cells require more energy, in the form of glucose, than benign, healthy cells because they are more metabolically active. Therefore, when radioactively tagged glucose, F-18 Fluorodeoxyglucose (FDG), is administered intravenously, high concentrations of it will collect in malignant tissues. The FDG emits radioactive particles that the PET/CT scanner detects thus highlighting areas of malignancy.

A CT (computed tomography) scan is acquired simultaneously with the PET (Positron Emission Tomography) scan. The CT scan, analogous to a 3-dimensional x-ray, provides a detailed view of the anatomy. When the CT and PET scans are fused, a comprehensive image is revealed which is used to assess the size, location and extent of disease.

PET/CT fusion images offer a non-invasive means of obtaining both physiologic and anatomic information. Often PET/CT scans will reveal certain disease processes earlier than a CT or MRI would. Note that the amount of radiation exposure from a PET/CT scan is well within safety limits and there are no side effects.

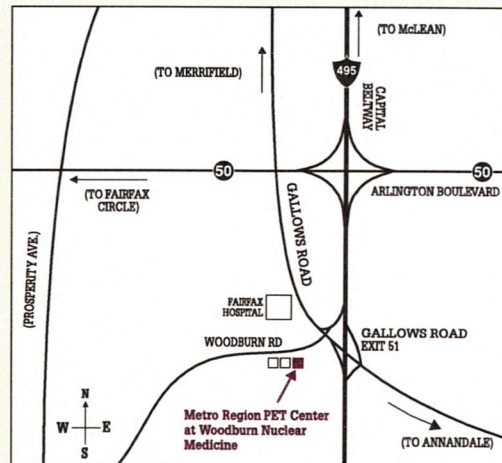
PET/CT scans are a standard therapeutic tool for detecting and detailing metastases and for detecting early recurrence. It is utilized to evaluate the benefits of treatment protocols and for precise tumor localization for biopsies and radiation therapy.

Memory Impairment Patients:

PET/CT scans are also used to assess neurodegenerative decline related to dementia by measuring the brain's metabolism of glucose in the form of FDG. FDG PET/CT scans are also used to differentiate Alzheimer's Disease from other causes of dementia.

"We comfort our patients and their referring physicians by providing outstanding diagnostic services and compassionate care."

Directions:



Route 495 South: Exit 51 (Gallows Road) - Go straight across Gallows Road onto Woodburn Road to the first building on the left.

Route 495 North: Exit 51 (Gallows Road) - Turn left on Gallows Road. Turn left onto Woodburn Road to the first building on the left.



Metro Region PET Center Woodburn Nuclear Medicine

www.metroregionpet.com

Larger map available on our website.

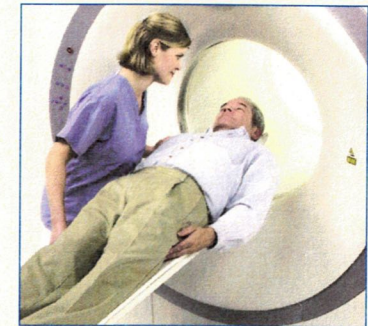
In Virginia at Woodburn Nuclear Medicine

3289 Woodburn Road, Suite 060 • Annandale, VA 22003
Phone: 703-698-5593 • Fax: 703-698-5171

A Guide For Patients

Your FDG PET/CT Fusion Scan

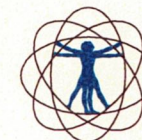
For Oncology Patients
& Patients with
Memory Impairment



How to Prepare and What to Expect

Patient's Name: _____

Appointment Date/Time: _____



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To ease your concerns regarding your FDG PET/CT fusion scan, please review the following outline. It will help you prepare for the scan and it should answer most of your questions. Do not hesitate to call for additional information.

How to prepare for your FDG PET/CT scan:

1. You must **fast** for 6 hours prior to your scan. However, we encourage you to drink plenty of water during these 6 hours because it is very important that you are well hydrated. Please make sure that you do not eat or drink anything other than water during this 6-hour period.

Feeding tube patients should interrupt feeding for 4 - 6 hours as tolerated.

2. Avoid carbohydrates for 24 hours prior to your PET/CT scan. Here are some suggestions of what you can eat: meat, fish, cheese, eggs, lettuce, mushrooms, asparagus, cabbage, cucumber, celery, cauliflower, broccoli, and sugar free beverages. You should **avoid** milk, nuts, cereals, fruits and vegetables (unless listed above), sweets, breads, potatoes, rice, pasta, juices, oatmeal, baked goods, gum and alcohol.

3. You may take all of your medications on the day of your scan.

Diabetic Patients: On the morning of your scan you may take your oral medications including your oral diabetes medications. However, do not take your insulin. Eat a low carbohydrate dinner (see above) on the evening before your scan. Drink plenty of water on the morning of your scan. Good hydration is very important.

4. Avoid caffeine for 24 hours before your scan.
5. Do not engage in strenuous activity during the 24-hour period before your scan. Your normal daily activity does not need to be restricted.

6. **FDG Brain Scans:** It is important that you do **not** take a sedative on the day of your exam.

7. You may wear your clothes during your scan if they do not contain metal such as snaps or zippers. Otherwise, we are happy to provide you with hospital scrubs. **Please do not wear any jewelry.** We have lockers for you to store your belongings.

8. The PET/CT scanner operates optimally in a cool environment. For your comfort we will provide you with a heated blanket. You may also want to bring a sweater or sweatshirt that does not contain metal.

9. Please bring the following items on the date of your scan:
- Driver's license and Insurance card(s)

10. Please note that this test will require 2 to 2 1/2 hours.

11. We will give you a courtesy reminder call on the day before your appointment.

What to expect on the day of your appointment:

1. Please arrive on time. You will have a few minutes to complete some paperwork. If you feel you may require additional time, please arrive earlier.
2. At your scheduled injection time, the technologist will accompany you to one of our injection rooms. The technologist will check your blood sugar level by taking a droplet of blood from your finger. Then, you will be given an intravenous injection of a sugar-based substance called F-18 Fluorodeoxyglucose (FDG). FDG is a radioactive tracer that enables the PET/CT scanner to assess your body's utilization of glucose. Each dose of FDG is precisely measured for administration at your scheduled injection time. The dose diminishes rapidly and is very expensive so **please do not arrive late for your appointment.**
3. After receiving your injection, you will remain in your injection room for approximately 60 minutes. This will give the FDG sufficient time to distribute throughout your body. The lights in the uptake room will be dimmed to help you relax.
4. After your uptake period, the technologist will escort you to the PET/CT scanner. You will be asked to lay on the scanner bed on your back with your arms over your head. The bed will then slowly move through the scanner, which is open at both ends.
5. Your scan will take approximately 15 - 35 minutes depending on the type of scan your physician requested. It is important to remain still during your scan.
6. We know you are fasting so after your scan we will provide you with some snacks and a drink to make you more comfortable.
7. The report and images of your scan will be made available to your referring physician by the next business day.
8. We kindly ask that requests for a personal copy of your report be directed to your referring physician.

Payment & Insurance Information:

The specifics of your particular insurance plan as well as your diagnosis dictate your insurance company's coverage guidelines for PET/CT scans. Unfortunately, some diagnoses are not consistently covered for PET/CT scans. We will discuss your coverage and payment options with you when you schedule your appointment.

Early appointments:

1. The main entrance unlocks at 6:00 a.m.
2. If the doors are still locked when you arrive for your early morning appointment, please note the following:
 - a. There is a directory at the main entrance to the building.
 - b. Follow the directions on the sign to the right of the directory to call suite 60. You will then be given access to the building.

Parking:

There is free and convenient parking available.

Cancellations:

It is imperative that you cancel your appointment at least 24 hours prior to your appointment so we can cancel your FDG dose.

Why Metro Region PET Center?

In the 20 years since its inception, Metro Region PET Center's physicians have read in excess of 80,000 scans. Worldwide, this level of experience is nearly unparalleled. We supplement this diagnostic expertise with a staff that is compassionate and sensitive to our patients' needs.

We know this may be a difficult time. Please let us know if there is anything we can do to make your experience with us as simple and stress free as possible.

Sincerely,

*The Staff of Metro Region PET Center
and Woodburn Nuclear Medicine*



Metro Region PET Center
Woodburn Nuclear Medicine
www.metroregionpet.com