

Patient Information

Preparing

- ◆ For 6 hours before your test, do not eat or drink (except water). Do not even chew gum or mints.
- ◆ Continue to take any medication prescribed to you by your physician. If you have been advised to take your medications with food, eat nothing more than a few soda crackers 4-8 hours prior to your exam.
- ◆ Avoid heavy exercise for 24 hours prior to your exam.
- ◆ If you have diabetes, discuss this with your physician and call the PET center staff when you are given the appointment.
- ◆ If you are or may be pregnant, discuss this with your physician.

Arrive on Time

- ◆ Please arrive at least 20 minutes before your appointment.
- ◆ If you need to cancel or reschedule, it is important to do so at least 24 hours before your appointment.

After Your Scan

You may leave immediately. If you plan to take public transportation on the same day of scan, please notify the PET staff.

Your activity will not be restricted. You may drive if you wish, resume your normal diet, exercise and take your normal medications. Your doctor will contact you about the results of your PET scan.

**To schedule a study
or for more
information about
this service, call:**

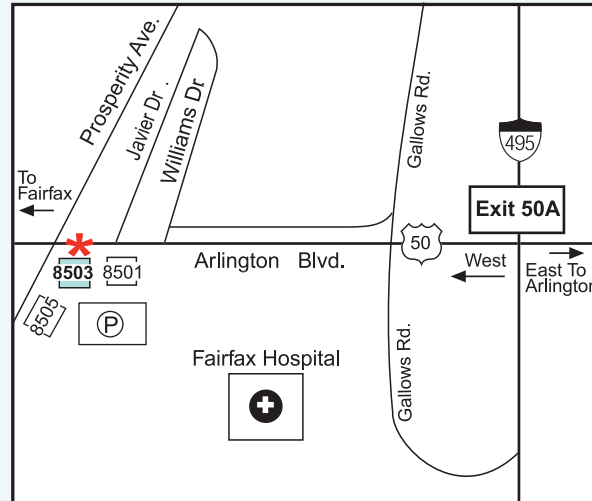
703-698-4441



FAIRFAX PET IMAGING CENTER

Prosperity Medical Center
8503 Arlington Blvd., Suite 120 - Lower Level
Fairfax, VA 22031

Phone: 703-698-4441 ◆ Fax: 703-698-5930



* Complimentary Valet Parking Available

Your PET Scan is scheduled for:

Date: _____

Time: _____

Place: _____



What You Need to Know About PET



Fairfax PET Imaging Center is a service
of Inova Fairfax Hospital and
Fairfax Radiological Consultants, P.C.

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Inova Fairfax Hospital is part of the Inova Health System, a not-for-profit health care system.

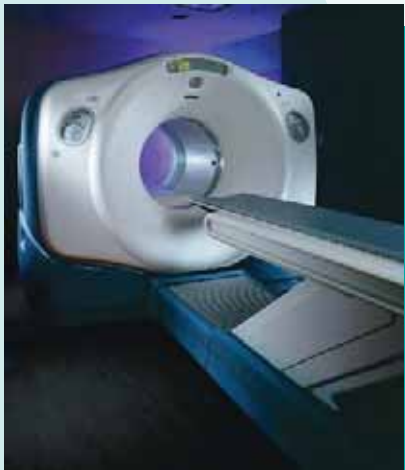
Fairfax Radiology is a private medical practice consisting of over 60 radiologists who provide the imaging services for Inova Fairfax, Inova Fair Oaks and Inova Loudoun hospitals, as well as operating 14 outpatient imaging centers located throughout Northern Virginia.

What is a PET/CT scan?

PET/CT is the most advanced medical imaging technique available today combining Positron Emission Tomography with Computed Tomography.

PET/CT combines the fine structural detail of CT with PET's ability to detect changes in cell function. This combination allows for earlier and more accurate detection of disease than either CT or PET alone.

A PET/CT scan helps your physician diagnose a problem, determine the best approach to treatment or monitor your progress.



How does PET/CT work?

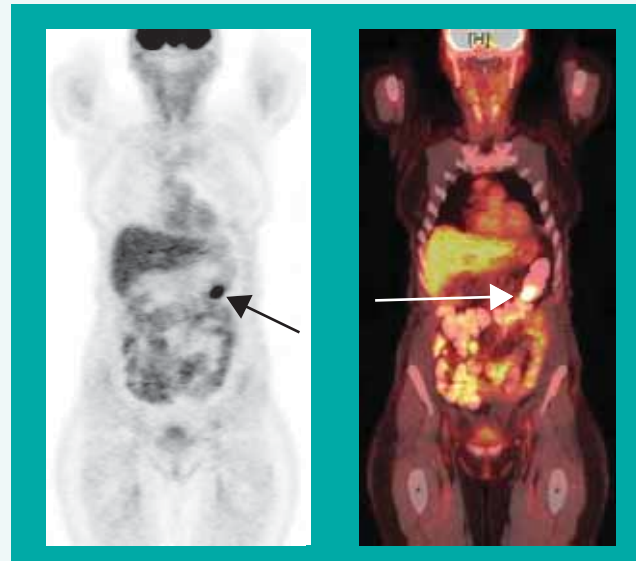
Cancer cells tend to grow faster than normal cells. Growing cells use glucose (sugar) as a primary source of energy. The faster cells grow, the more glucose is taken up.

A form of glucose called FDG, which emits particles called positrons, is injected into the patient.

The FDG molecules are taken up more in fast-growing cancer cells than in normal cells, resulting in concentrations of FDG, and positrons in areas of cancer.

A PET/CT scanner detects where positrons are being emitted from within a patient and provides images that map the locations.

PET FDG mapping is combined with a CT image's structural detail in order to identify both the presence of disease and its precise location.



Early diagnosis allows earlier intervention and treatment. A patient with a past history of colon cancer was referred for PET/CT. The study revealed a hypermetabolic mass in the colon, that was confirmed as a new cancer at colonoscopy.

What happens when I get there?

After reviewing your history and prior to the exam, you will receive a radiopharmaceutical injection. This is a radioactive tracer that must pass multiple quality control measures before it is used for any patient injection.

You also likely will need to drink barium (same as abdominal CT). After injection of the tracer, you will have to wait for the tracer to distribute itself-typically about one hour. We will ask that you wait relaxed in a quiet, dimly lit room. The exam will take approximately 30 minutes.

Bring with you:

- ◆ Insurance cards
- ◆ Previous CT, MRI, Bone, and prior PET exams (on CD-ROM whenever possible) unless these images were done at any Inova facility or an FRC outpatient center
- ◆ Medical history
- ◆ Pathology reports
- ◆ Wear warm, comfortable clothes since the scanner room is cool
- ◆ Avoid clothes with heavy buckles or metal components (i.e. no zippers)

