

PET/CT Infection Oncology Scan

What is a PET/CT Scan?

Your doctor has suggested you/your child have a PET/CT scan as part of the evaluation at National Jewish. A PET scan is a shortened name for positron emission tomography. A PET scan views functioning tissues in the body. A CT or CAT scan is a shortened name for computerized tomography. A CT scan takes pictures of the inside of the body. The pictures are more detailed than a typical x-ray. A PET scan combined with a CT scan shows detailed images and functioning tissues within the body. A PET/CT scan can help determine a diagnosis early. Your doctor will use this information to determine the best treatment for you.

How do you get ready for the test?

- Avoid strenuous movement the day before and morning of the exam. This includes all exercise, lifting, and strenuous housework. Please be sedentary on the day before and morning of your test.
- **Do not drink or eat anything 6 hours before the test** is scheduled. Water only is permitted. **Ingesting anything other than plain water within 6 hours will result in your test being delayed or rescheduled** to another day. Medications that are not related to diabetes are permitted with water only.
- **Please contact the PET/CT department if you take any medications for diabetes (303-398-1683). No insulin or oral medications for diabetes are allowed within 4 hours of the scan.**
- **Please contact the PET/CT department if you have diabetes (303-398-1683). If your blood glucose level is elevated (>200 mg/dL) we may need to reschedule the test.**
- Let the technologist know if you are pregnant or nursing.
- Attempt to eat a high protein, low carbohydrate diet for 24 hrs prior to the test. This may decrease specific “background” activity in your scan.

What is done during the test?

The technologist will explain the PET/CT scan to you before you start. Ask questions if you do not understand. The technologist will place an IV into a vein in your arm. If you have a “port” that is accessed, we can inject through it. We generally **do not** access ports in the department. Please ask your doctor’s office to access your port prior to your test. Your doctor’s office will also need to remove the catheter from your port when your test is complete.

A small blood sample will be collected to test your blood glucose level. **If your blood glucose is above 200 mg/dL, we may need to reschedule your test.**

You will be given a small amount of a radiopharmaceutical through your IV. This will help view the functioning tissues during the scan. The radiopharmaceutical is not dye or contrast and does not produce reactions if you are allergic to these substances. You will wait 45-60 minutes after you are given the radiopharmaceutical. You will relax in a recliner. Reading, cell phone use, etc., is not permitted during this time.

After 45-60 minutes you will have the PET/CT scan. The PET/CT does not hurt. During the scan you will lie on a padded table. The technologist will give you instructions during the test. You will be asked to raise your arms above your head during the scan. The scan will last 15-20 minutes for most patients.

What should you do after the test?

You can resume normal activities after the PET/CT scan.

How long will the test take?

A PET/CT scan takes about 2 hours.

How do you get to your test?

If you are being seen at National Jewish Health, your appointment is in the Institute for Advanced Biomedical Imaging (Radiology). You will be directed where to go when you check-in. If you have any questions you can contact Advanced Biomedical Imaging (Radiology) at 303-398-1611.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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