

ON THE DAY OF YOUR PET/CT SCAN:

- Allow 15 minutes prior to your appointment time. If your appointment is at:
 - St. John River District Hospital, report to Registration Services using the main lobby entrance.
- St. John Hospital and Medical Center in Detroit, come to the Professional Building One, go the lower level and report to diagnostic services.
- St. John Macomb Hospital in Warren, enter through the Webber Cancer Center entrance and a PET/CT staff person or the Medical Coach will assist you.
- Providence Park in Novi, report to Radiology at the northwest corner of the facility.

TO SCHEDULE YOUR PET/CT:

After obtaining a referral from your physician, call 866-667-7226.

The PET/CT is available from 7:30 a.m. to 5 p.m. at the following facilities:

- St. John River District Hospital in East China Twp.
- St. John Hospital and Medical Center in Detroit
- St. John Macomb Hospital in Warren
- Providence Park in Novi

If you are unable to keep your appointment, please let us know at least 48 hours in advance.

PET/CT:

(the complete picture)



NOW AVAILABLE AT:

St. John River District Hospital
St. John Hospital and Medical Center
Providence Park in Novi
St. John Macomb Hospital





WHAT IS A PET/CT SCAN?

Quite simply, the PET/CT is the most advanced diagnostic tool in cancer and heart disease. Your physician has ordered this test to obtain a complete picture of your body's tissue function and anatomical structure. PET/CT stands for Positron Emission Tomography/Computed Tomography. The PET and CT are two type of imaging tests.

The PET scan detects changes in the way your cells behave...subtle changes that occur before physical changes, like how they re utilizing nutrients like sugar and oxygen (cancer cells use more sugar than most normal cells). The CT scan combines x-rays and computers to provide two-dimensional pictures of your anatomy.

Alone, each is important, but when combined, they become even more essential, providing a much more complete and accurate picture to help diagnose and treat many diseases, including cancer and heart disease.

The benefits to you are many, including earlier diagnosis, accurate staging, precise treatment and monitoring. The PET/CT is one of the many ways your St. John Health doctor provides truly exceptional, leading-edge care. We hope this brochure will answer some of the questions you may have about this important procedure.

QUESTION AND ANSWERS

DOES THE PET/CT SCAN HURT?

No. The PET/CT scan is a non-invasive procedure. For the PET portion of the exam you receive an injection of glucose with a radioactive tracer attached. Once the glucose has had a chance to travel through your blood-stream (about one hour), you will lie on a comfortable, padded table. The table will then move slowly through the tube-shaped PET/CT scanner. You might hear a humming noise, but you won't feel anything unusual. For the CT portion of the scan, you may be asked to hold your breath for a few seconds to minimize body movement.

HOW LONG DOES THE TEST TAKE?

Allow two to three hours for the appointment. While the PET/CT portion of the scan itself takes only about 45 minutes, we take time before the test to perform the glucose injection and take a review of your history and any past exams.

IS THE TEST SAFE?

Yes. The quantity of radiation is low, similar to a CT scan, lung, bone or heart scan. The radioactive tracer does not remain in your system long. In fact, more than 90% of the radiation will have left your body before you leave the hospital, so there is no need to avoid interacting with other people once you have left. We do recommend waiting a few hours before getting too close to an infant or anyone who is pregnant.

WHEN WILL I KNOW THE RESULTS?

The results of your PET/CT scan will be delivered to your doctor within 72 hours.

HOW TO PREPARE FOR YOUR PET/CT SCAN

- For 48 hours prior to your exam, avoid physical exertion such as running, lifting or mowing the grass.
- Observe a low-carbohydrate diet for 24 hours before your exam. Do not drink beverages containing sugar during this time.
- Avoid eating or drinking anything but water for six hours prior to your scheduled exam time.
- Do not chew gum for six hours prior to your schedule exam time.
- You may take prescription medicine prior to your exam, but only with water. If you must take the medication with food, eat nothing more than a few soda crackers.
- Let us know if you are pregnant, might be pregnant or if you are breastfeeding.
- Let us know if you are diabetic or claustrophobic.
- Let us know if you feel feverish.
- On the day of the exam, dress in warm, comfortable clothing with no metal parts.