



Our specialty is you.

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Department of PET/CT
314-205-6538 Desloge Center

PET/CT Scan

Appointment: Date and Time: _____, _____, 20____ at _____ AM PM

Registration: Please register on the first floor of the Desloge Outpatient Center – Building A. Please park in front of the Outpatient Center or you may use valet parking.

What information will this give my doctor? PET/CT scans are non-invasive, painless scans that inspect the whole body or parts of the body. PET/CT scans will aid your physician in staging a new diagnosis of cancer or in following up a previous diagnosis of cancer. In addition, PET/CT can be used for brain, heart and other imaging uses.

What do I need to know before I get there? If you have had previous CAT scan or MRI testing at a facility other than St. Luke's Hospital, it is very important to bring these films with you. This enables the physician to interpret the PET scan.

A technologist will call you the night before to review these instructions. Please eat a low carbohydrate and high protein meal the night before your exam. Please refrain from any exercise the day before and the day of your PET scan. The day of the test, do not eat six hours prior to your appointment time. Also, do not take any insulin the morning of the exam. Ask your physician about any insulin or diabetes medications that you are currently taking. You may drink water only. Please refrain from caffeine and nicotine 12 hours prior to your PET scan. Do not wear any metal objects.

What is the process and how long will it take? Because the PET scan is done with a radioactive form of glucose, or sugar, a technologist will check your glucose level prior to your exam. This is done by performing a small finger stick and obtaining a very small amount of blood. If the blood levels fall within a certain range the technologist will start an IV. A small amount of a radioactive glucose called FDG will be injected through your IV. You will be asked to lie comfortably for approximately for an hour to let the FDG circulate. During this time, it is very important that you refrain from talking and you try to stay relaxed. You will then be asked to empty your bladder. At that time, the scanning process will begin. The scan will take 30-45 minutes. A technologist will review all the images and remove your IV before you go home. The total test time is approximately 2 hours.

If you have any further questions, please speak with one of the Nuclear Medicine technologists.

*This information is not intended to replace an informed discussion between you and your physician.