

APPOINTMENT DATE: _____

CHECK-IN TIME: _____

Preparing for Your PET/CT Visit

PET/CT (18F-NaF) Bone Scan

Your physician has ordered a PET/CT exam for you. A PET/CT exam is a powerful imaging tool that physicians can use to help make decisions and manage treatment for patients with cancer and other diagnoses. The team at PET/CT Imaging at the Swedish Cancer Institute is committed to providing superior service. You can rest assured that this facility will meet the highest level of patient safety standards and image quality.

Follow these instructions to prepare for your PET/CT exam. Proper preparation is the key to obtaining optimal PET/CT images.

72 HOURS PRIOR TO YOUR PET/CT EXAM

- Call the PET/CT coordinator if you have any questions
- If you are claustrophobic and need anti-anxiety medications for your exam, obtain a prescription from your physician. You will need to bring the medication with you to your exam. We are not able to provide the medication for you.

24 HOURS PRIOR TO YOUR PET/CT EXAM

- Stay well hydrated.
- There is no dietary preparation for this exam.

DAY OF YOUR PET/CT EXAM

- Arrive at PET/CT Imaging at Swedish Cancer Institute at your check-in time. This is important because your exam requires a time-sensitive injection that has been specifically ordered for you. If you are late, your appointment may have to be rescheduled.
- You may take your medications.
- Wear warm, loose-fitting clothes without metal (i.e., zippers, snaps, buttons, clasps, metal underwire).
- Leave all jewelry/watches at home.

- Family members and/or friends may accompany you to your appointment; however, they will be asked to wait in the lobby prior to the injection for your exam.
- A radiopharmaceutical will be administered through an IV (or port if you have one and have it accessed before your exam). Following this injection, you will wait for 60 minutes prior to imaging.
- You will be asked to drink 16 ounces of water, or any non-alcoholic beverage, during the 60 minutes prior to imaging.
- After your uptake, you will need to lie flat on the PET/CT exam table for at least 20-30 minutes, up to 75 minutes, depending on the exam ordered.
- Your appointment will last about 2 to 2½ hours.

AFTER YOUR PET/CT EXAM

- Drink plenty of fluids for the rest of the day.
- Your exam will be interpreted by a board-certified radiologist, and the results will be sent to your physician within 24-48 hours. Your physician will discuss the results with you.

If you need to reschedule your PET/CT exam, call the PET/CT coordinator at least 24 hours before your exam.

(See reverse side for driving directions.)

DRIVING DIRECTIONS

From I-5 heading north

- Take exit 164A (Dearborn Street/James Street) toward Madison Street. Follow signs toward Madison Street.
- Turn right onto Madison Street.
- At the intersection of Madison Street and Summit Avenue, turn right into the circle drive for parking for Nordstrom Tower, Arnold Pavilion and the Swedish Cancer Institute.
- Take the sidewalk from the parking garage to the Arnold Pavilion/Swedish Cancer Institute.

From I-5 heading south:

- Take exit 166 (Stewart Street). Continue onto Stewart Street.
- Turn left onto Boren Avenue.
- Turn left onto Madison Street.
- At the intersection of Madison Street and Summit Avenue, turn right into the circle drive for parking for Nordstrom Tower, Arnold Pavilion and the Swedish Cancer Institute.
- Take the sidewalk from the parking garage to the Arnold Pavilion/Swedish Cancer Institute.



PET/CT IMAGING AT SWEDISH CANCER INSTITUTE

Arnold Pavilion

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<https://www.swedish.org/services/cancer-institute/our-services/pet-ct-imaging>

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)