

You've been scheduled  
to undergo a PET/CT examination at  
**SAN LUIS DIAGNOSTIC CENTER**

Date/Time: \_\_\_\_\_

It is extremely important to keep this appointment since the radioactive drugs have been specially driven from San Francisco Bay Area or Los Angeles to San Luis Obispo just for you. These drugs lose effectiveness quickly so they can't be stored. If you cancel your appointment with less than 24 hours notice, you may be charged for the radioactive drug that will go unused. These drugs cost \$300 – \$500 per dose.

**Prior To Your PET Exam:**

- If you are concerned that you are claustrophobic, please contact us.
- If you are a female of childbearing years, you must have a blood pregnancy test, and we must have the results in your chart.
- Do not exercise 24 hours prior to your exam.
- If you have been given a contrast agent for your bowel, follow those instructions.
- If you are breast-feeding, you will not be able to nurse your child for 24 hours following the exam. Plan accordingly.

**On the Day of Your PET Exam:**

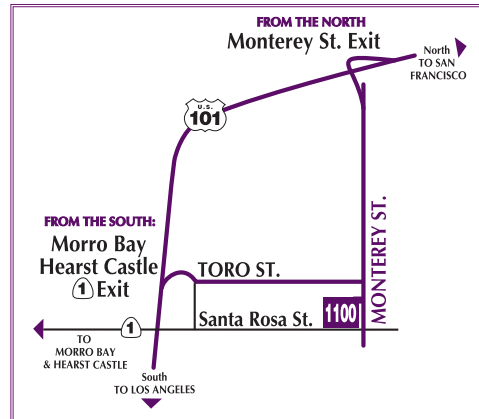
- Wear warm, comfortable metal-free clothing.
- Bring the remaining contrast to your appointment.
- Empty catheter and/or colostomy bag(s) prior to arriving at the Center.
- Bring films and reports from any previous diagnostic imaging procedure (CT, MRI, PET) not performed at our facility.
- **Be on time.** Due to the short half-life of the radioisotope, being late for your appointment can compromise your exam.
- Family members may accompany you to the Center, but for radiation safety reasons must remain in the waiting room during the exam.
- If you feel feverish, let the technologist know.
- For 6-8 hours after the exam avoid pregnant women and children.
- You do not need to use special precautions with body fluids after your PET scan.

Carefully follow the preparation instructions for your a.m. or p.m. appointment that are listed on the back of your order form.

## Insurance

San Luis Diagnostic Center contracts with most major insurance companies and bills patients' insurance companies for them. Prior to an examination, we contact all patients for details regarding their insurance coverage. We ask patients to sign an **assignment of benefits** form so that payment comes directly to our center. Any amounts not covered by insurances, such as deductibles or co-insurance amounts, we collect at the time of service. For our patients' convenience, we accept personal checks and credit cards.

Specific insurance inquiries are handled by our business office at 805-542-9700.



**FROM THE NORTH:** Hwy 101 South to Monterey St. exit. Left over the freeway. Stay on Monterey Street 4 blocks. Driveway is on right before Santa Rosa St. Park at street level, below the building.

**FROM THE SOUTH:** Hwy 101 North to Morro Bay / Hearst Castle Hwy 1 exit. Veer left on Toro, straight 5 blocks to Monterey St. Right on Monterey. Driveway is on right before Santa Rosa St. Park at street level, below the building.

## San Luis Diagnostic Center



1100 Monterey St, Suite 210  
San Luis Obispo, CA 93401

direct scheduling:  
805.595.1535  
general inquiries:  
805.542.9700  
fax:  
805.542.0584  
www.sldcinfo.com

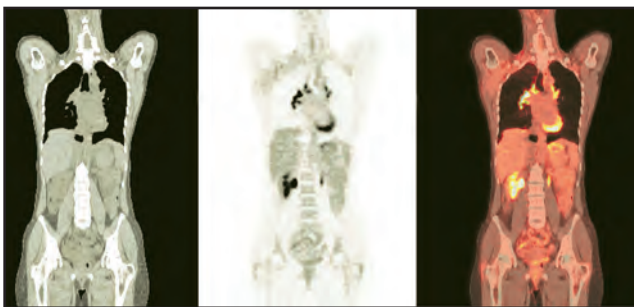
# PET/CT

## Providing Answers



## San Luis Diagnostic Center





## What is a PET/CT?

A PET (Positron Emission Tomography) scan can detect changes in how the cells in your body function, such as how your cells are using nutrients like sugar and oxygen. PET allows your physician to make an earlier and more precise diagnosis since changes in cell function take place before physical changes can be seen on an MR (Magnetic Resonance) or CT (Computed Tomography) scan. As a result, PET scanning can detect abnormalities before they appear on a CT or MR scan.

A CT scan uses a combination of x-rays and computers to give your radiologist an easy way to see inside your body. CT can quickly acquire two-dimensional pictures, then using a computer, the radiologist can convert these 2-D images into 3-D images for an in-depth evaluation.

When these two scans are electronically fused together to create a single picture, the radiologist gets the functional information from the PET with the anatomical information from the CT. In other words, when these two scans are put together, the radiologist can see how cells in your body are working and precisely where those cells are located. Basically, PET/CT is the perfect combination because it allows the radiologist to integrate how your body is working with how it looks.



## Why do I need this exam?

Your PET/CT exam results may diagnose a potential health problem – and, should a problem be detected, the results of your exam will allow your physician to develop a treatment plan.

A PET/CT exam not only helps your physician diagnose a problem, it also helps predict during a course of treatment how successful that treatment will be. A PET/CT can help your doctor to monitor your progress. If you're not responding as well as expected, your physician can switch you to a more effective therapy.

## What should I expect when I arrive?

When you arrive, the friendly staff at San Luis Diagnostic Center will ask you about your medical history and any past exams that you may have had.

For the PET portion of the exam we will give you an injection of a radioactive drug. These drugs lose their radioactivity very quickly (approx. 70 minutes) and only very small amounts are injected. In all cases, little or no radioactivity will remain in your body 6 hours after injection. In some cases, the drug may have left your system in as little as 10 minutes. It all depends on what cells have been targeted for your study.

For most studies, after we have injected the drug (usually through your vein), you will wait for the drug to distribute itself throughout your body and to go to the targeted cells – typically 30 minutes to one hour. During this time, you will be asked to relax alone in a quiet room.

## What will the scan be like?

The specific details of your upcoming exam will be explained fully by your technologist and/or the

radiologist. You will lie on a comfortable, padded table. The table will move slowly through the donut-shaped PET/CT scanner as it acquires the information needed to generate diagnostic images.

You will be asked to lie very still during the scan because movement can interfere with the results. During the scan, you might hear a humming noise, but you will not feel anything unusual. You may feel the table move at various times during the exam.

## How long will all this take?

The PET/CT scan should last between 15 and 30 minutes. The procedure can vary depending on what cells we are looking at. Plan to spend between two and three hours at San Luis Diagnostic Center.

## What happens after the exam?

You may leave us as soon as the exam is complete. Unless you've received special instructions, you will be able to eat and drink immediately – drinking lots of fluids soon after the exam will help remove any of the drug that may still be in your system. In the meantime, we will begin preparing the results for review by our radiologists, and then by your physician, who will tell you what we've learned.

## Are PET/CT exams safe?

Be assured that PET/CT exams are a safe and effective diagnostic procedure. The radioactive drugs must pass multiple quality control measures before they are used for any patient injection. The drugs used in PET don't remain in your system long, so there is no reason to avoid interacting with other people once you've left. To be extra safe, we recommend that you wait 6 hours before getting close to an infant or a pregnant woman.

# Questions & Answers