



### PREPARING FOR THE EXAM



■ It is important to follow a modified diet and activity level before your exam to yield optimum images. No food for 6 hours before exam. For 12 hours before exam, limited or no carbohydrates (carbs include breads, pasta, potatoes, rice, etc.)

or sugars (including sugar substitutes, fruit, fruit juices, soda, and diet drinks). No exercise for 24 hours before exam. Please drink at least 32 ounces of water in the 6 hours before scan time. No caffeine for 24 hours before exam. Arrive at RDC 15 minutes before scheduled appointment time.

■ **Brain Exam:** Follow above instructions. If possible, mood-altering drugs, such as anti-depressants and tranquilizers, should be withheld for 2-3 days; please discuss this with your physician.

■ **Diabetics:** No vigorous exercise 24 hours prior to study. Nothing to eat 4 hours before study, if possible. Patient may eat if blood sugar level is low. No sugar, chicken, vegetables, etc. Try to keep blood sugar level between 100-200. Patient to drink at least 32 ounces of water on the morning of the exam.

TWO LOCATIONS  
IN RENO, NEVADA  
TWICE THE EXPERTISE  
IN IMAGING



625 Sierra Rose Drive (SW Reno)



590 Eureka Avenue (6th and Wells)



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# PET

THE POWER OF  
MOLECULAR IMAGING



POSITRON EMISSION TOMOGRAPHY



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## WHAT IS PET?

PET, Positron Emission Tomography, is a procedure that adds an important new dimension to a physician's ability to diagnose and manage disease.

Instead of detecting changes in the physical size or structure of internal organs, as other imaging technologies do, PET detects changes in cellular function—demonstrating, for example, how your cells are utilizing nutrients like sugar and oxygen. Since these functional changes may take place before physical changes occur, PET often provides earlier diagnosis of diseases. If these diseases have already been detected by an imaging exam, such as a CT or MRI study, PET can often characterize the cellular function early in the course of the disease.

These capabilities can, in turn, translate into faster initiation of the best treatment, often avoiding more invasive exams or exploratory surgery.



Sample of Breast PET Scan, 9.3 mCi, 3 min. emission. 45 sec. transmission per bed position.

## HOW THE EXAM WILL HELP YOU.

PET today is used mainly to diagnose and evaluate cancer and assess response to therapy for the best treatment.

For example, a PET study can not only help diagnose a problem; it can also help your physician predict the likely outcome of various therapeutic alternatives, pinpoint the best approach to treatment, and monitor your progress so that if you're not responding as well as expected, you can be switched to a more effective therapy immediately.

Your physician will be able to tell you precisely what he or she hopes to learn from your PET exam; just ask.

# A NEW DIMENSION IN DIAGNOSING AND MANAGING DISEASES



## THE EXAM PROCEDURE

After we've reviewed your history and any prior exams that might be available, you'll receive an injection of a radiopharmaceutical (FDG). This radiopharmaceutical is created in a cyclotron & shipped to RDC daily from Northern California. **Because FDG is very expensive, we ask that you please notify us of a cancellation by 5 PM the day prior to the exam (or Friday by 5 PM for a Monday exam) to avoid an isotope charge.**

After the FDG is injected intravenously, you'll then rest for 45 minutes while the radiopharmaceutical distributes itself in the organs in your body. This is a small tracer quantity of radioactive material that is attached to glucose/sugar. Because sugar is needed by cells for energy, the PET scanner can track the amount of sugar used by cells throughout the body by picking up signals from the tracer. Since cancer cells use and trap more energy/sugar than healthy cells, a high concentration of the tracer indicates there could be cancer in that area.



## YOUR PET SCAN

When you're ready for scanning, you'll lie on a comfortable table that moves slowly through the ring-like PET scanner as it acquires the information it needs to generate diagnostic images. We'll ask you to lie very still because movement can interfere with the results. Please allow 3 hours total time for a melanoma exam and 2 hours total time for all other PET exams (this includes the rest period mentioned above).



WE WILL HAVE YOUR RESULTS BACK TO YOUR DOCTOR WITHIN 24 HOURS.



## AFTER THE EXAM

You may leave as soon as the scan is complete. Unless you've received special instructions, you'll be able to eat and drink immediately. Please stay well hydrated after the exam.

The results will be prepared for review by our radiologists and consulting experts. Your physician will receive a comprehensive report within 24 hours. He or she will let you know what we've learned.



## ARE THERE RISKS ASSOCIATED WITH PET?

No. A PET study is similar to many other diagnostic procedures, from CT and MRI to Nuclear Medicine. Although the radiation you receive is different, it's roughly equivalent to what you'd receive from two chest x-rays.

Rest assured, too, that the radiopharmaceuticals used in PET have very short half-lives. That means they don't remain in your system long, so there's no reason to avoid interacting with other people once you've left. To be extra safe, wait for a few hours before getting too close to an infant or anyone who's pregnant.

If you have any additional questions or concerns, please give us a call.

For more information on this and our other exams, visit us on the web at [renodiagnosticcenters.com](http://renodiagnosticcenters.com)

