

When can I have the results of my PET scan?

Ordinarily, your scan will be interpreted on the same day and the results sent to your doctor. Except for unusual circumstances, we prefer that the doctor who ordered your test discuss the results with you because your doctor is the one who will choose the next step in your diagnosis or treatment.

Will the PET scan be covered by my insurance?

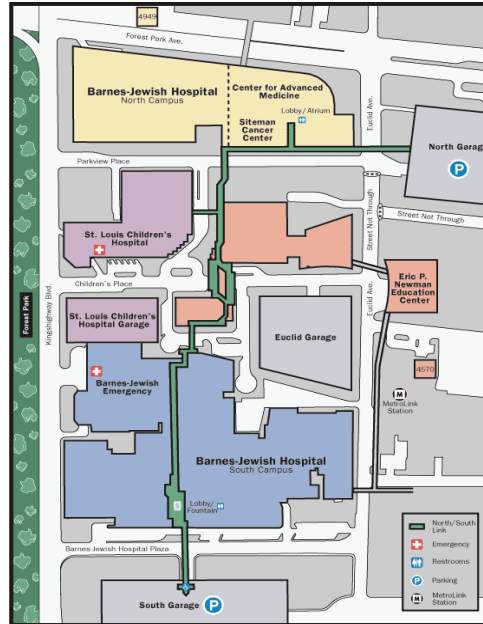
Coverage for PET scans varies by insurance carrier. Please check with your doctor or directly with your insurance carrier if you are concerned about the cost of the test.

Will the PET scan be covered by Medicare?

Please discuss with your doctor whether or not Medicare will pay for your PET scan.

Where is the PET Facility located?

The Clinical PET Facility is located on the 7th floor of the Mallinckrodt Institute of Radiology Building at Barnes-Jewish South.



DIRECTIONS:

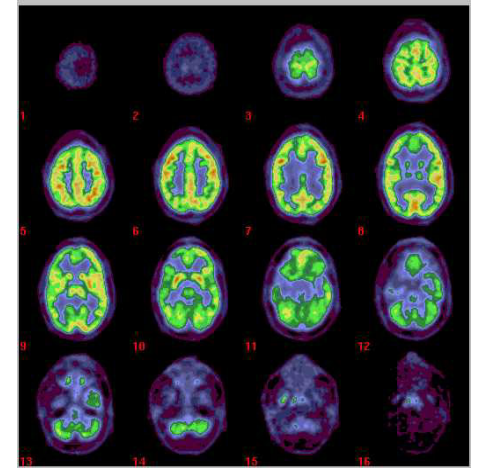
From Interstate 64/US 40: Exit at Kingshighway north and turn right onto Barnes-Jewish Hospital Plaza. A subsurface parking garage is located across from the hospital. Valet parking is in front of the hospital.

From Interstate 44: Eastbound—exit at Kingshighway and turn left. Westbound—exit at McRee and turn right on Kingshighway. Approximately 1 mile North, turn right onto Barnes-Jewish Hospital Plaza and follow directions above.

From Interstate 55 or 70: Exit to Interstate 44 and follow directions above.



Information About Your Brain or Heart PET Scan



Clinical PET Facility

Barnes-Jewish Hospital South
Phone: 314-362-4PET (362-4738)
Toll-Free: 888-362-4738

Fax: 314-362-5428

To register prior to your appointment:

Pre-Registration: 314-362-7111

Toll-Free: 877-992-7111

Appointment

Date: _____

Time: _____

What is PET?

Positron Emission Tomography (PET) is a unique non-invasive test that provides information about the body's function not available through any other type of imaging test. PET images functional processes, such as brain or heart metabolism, rather than imaging anatomy, as is done with computed tomography (CT) or magnetic resonance imaging (MRI).

PET imaging is usually accomplished by injecting a radioactive sugar (FDG), which is similar to glucose, the sugar in your diet. The FDG is taken up in cells that are using sugar and is detected by the PET scanner, which creates images of the metabolism of the cells of the body.

How is PET imaging used?

PET is used as a diagnostic test for certain brain and heart diseases, and for cancer. PET of the brain is used to help locate the area of the brain causing seizures and to diagnose diseases that cause memory loss and other neurologic symptoms. PET of the heart is used to determine whether heart tissue is viable and likely to improve with treatments that will improve blood flow to the heart. The information from PET can help your doctor to plan the best course of treatment for you or could prevent unnecessary surgery.

How should I prepare for a brain PET scan?

- As with any radiology test, please let us know before your appointment if you are pregnant or nursing.

- **Do not eat anything for at least 6 hours prior to your test.** This includes hard candy, chewing gum, and beverages containing sugar. However, you should drink liberal amounts of plain (not flavored) water on the day of your test.
- **If you take medicine for diabetes, please contact us for special instructions.** Otherwise, you may take your usual medications with water on the day of your test.
- Please leave all jewelry and valuables at home or with a friend or family member who will accompany you.
- It is important that you arrive on time. The radioactive tracer, FDG, is ordered especially for your appointment and may not be useable if you are late.

What should I expect for a brain PET scan?

A small i.v. line will be started in a vein of your arm or hand. This i.v. line will be used to draw a sample of blood to check your blood sugar. Next, you will receive an injection of FDG along with some saline or water solution into the i.v. line. You will be asked to rest quietly in a darkened room for about 30 minutes while the FDG circulates in your body. After the waiting period, you will use the restroom to empty your bladder and then will move into the scanning room.

Because FDG is similar to sugar there are no side effects and you will not feel any differently after the injection. The PET scanner is similar to a CT scanner. You will lie on your back for 30-minutes while

the pictures of your brain are taken. The test will take 90 minutes-2 hours.

After your scan, you should empty your bladder again and can resume all your normal activities. The FDG leaves your body through the kidneys and urine, so you should drink plenty of liquids after the scan.

How should I prepare for a heart PET scan?

- As with any radiology test, please let us know before your appointment if you are pregnant or nursing.
- There is no special preparation required for this test.
- You may take your usual medications on the day of your test.
- Please leave all jewelry and valuables at home or with a friend or family member who will accompany you.
- It is important that you arrive on time. The radioactive tracer, C-11 acetate, is ordered especially for your appointment and may not be useable if you are late.

What should I expect for a heart PET scan?

A small i.v. line will be started in a vein of your arm or hand. You will be positioned in the scanner at the level of your chest with your arms resting above your head. Pictures are taken before and after the injection of the tracer. The tracer used is a radioactive form of acetate, a compound normally present throughout the body. You will not feel any differently after the injection. The test will take 1-2 hours. After your scan, you can resume all your normal activities.