



Patient Preparation Instructions and Patient Information F-18 Sodium Fluoride Bone PET/CT Scan

What is a bone scan?

A PET/CT bone scan with F-18 sodium fluoride is a nuclear imaging test that scans your entire skeletal system and produces high-resolution images of your bones. These images are used to detect areas of abnormal bone growth associated with tumors and other abnormalities.

Patient Preparation

There is no special preparation required prior to having an F-18 sodium fluoride bone PET/CT scan. You may continue to eat normally and drink plenty of liquids prior to and after the scan.

If you are on any medications, you may continue to take them, unless otherwise instructed by your doctor. In particular, if you routinely take medication for pain or anxiety, please bring the medication with you.

Drink plenty of fluids before and after the injection of the tracer.

Wear warm comfortable clothing without metal fasteners. You may be asked to remove belts, jewelry or other metal objects. Gowns are available if needed.

Remember to bring an ID and insurance cards with you.

As with most tests, tell your doctor if you're pregnant or think you might be pregnant. Bone scans aren't usually performed on pregnant women because of concerns about radiation exposure to the fetus. Do not bring children or pregnant women with you to your appointment.

What to Expect

It is important that you check in promptly at your appointment time, so you should allow plenty of time for arrival at the imaging facility. Allow 1½ hours for your appointment.

Procedure

Before your scan, you will receive an intravenous injection containing a small amount of radiopharmaceutical and you will be asked to relax for 45-60 minutes in one of our patient waiting areas. During this time you may read a book or magazine and you may consume water or your favorite beverage.

After the waiting period, you will be asked to empty your bladder before your scan. The technologist will then position you on the bed of the scanner and you will move slowly through the PET/CT scanner. The scan will take approximately 15 minutes.

After the Test

Once inside the body, the radiopharmaceutical doesn't remain active for long. Drinking plenty of fluids will hasten the elimination from your body. You should feel no side effects after the procedure, and no aftercare is necessary.

A trained radiologist will review and interpret the images. The radiologist looks for evidence of abnormal bone metabolism on the scans. These show up as darker "hot spots" and lighter "cold spots" where the radiopharmaceutical has or hasn't accumulated. The results of the scan will be reported to your referring physicians, usually within 48 hours.

For more information 888-PET-3211 (888-738-3211)

If you are unable to keep your appointment please notify our office as soon as possible.

For directions please visit our website www.NorCalScans.org or call 1-888-738-3211

VISIT OUR WEBSITE: www.NorCalScans.org