

Northern California PET Imaging

Preparing for Your PET/CT Scan

Understanding PET/CT Scans

PET (Positron Emission Tomography) imaging pinpoints metabolic activity in cells of the human body. Metabolic changes in disease often occur before structural changes that can be seen on CT. PET/CT fuses these two images together allowing the physician to view the metabolic changes in the proper anatomical context of the body. PET/CT imaging is most commonly used to assist with the diagnosis and monitoring of cancer, cardiac disease, Alzheimer's disease and other dementias.

Prior To Your Scan

To ensure the most accurate results:

- DO NOT eat or drink anything other than plain water for at least 6 hours prior to your scan. Your last meal should be high protein and low carbohydrate.
- Medications - you may take all prescribed medications unless instructed otherwise.
- It is important that you refrain from strenuous exercise in the 24 hours prior to your scan.

Please give us a call for special instructions:

- If you have diabetes
- If you are having a Cardiac, Brain, Bone or CT scan

What to Expect The Day of The Scan

- 1) The first step in the scan process is sitting in a comfortable room where you will receive an intravenous injection of a radioactive tracer. You will be asked to sit still for 60 minutes to allow time for the tracer to distribute throughout your body. You'll be relaxed and shouldn't feel any side effects from the injection. Once the allotted time has passed, you'll be escorted into the scanning room.
- 2) In the scanning room you will lie on a comfortable, padded table. The table will move slowly through the scanner as it acquires your images. You will be asked to hold still for about 15-30 minutes depending on your specific situation. If you are having a diagnostic CT with contrast, your scan will only take approximately 10 minutes.
- 3) Once the scan is complete you can resume normal activities. There should be no side effects.

Northern California PET Imaging Center

Since first opening its doors more than 20 years ago, NCPIC has established itself among the most prestigious imaging centers in the nation, with an impressive medical staff made up of physicians specially trained and solely focused on PET and CT molecular imaging. The NCPIC staff pays close attention to dose tracking and reduction, to minimize the amount of exposure patients have to radiation.



NORTHERN CALIFORNIA
PET Imaging Center

Northern California PET Imaging Center
Sacramento Office:

3195 Folsom Blvd.
Sacramento, CA 95816-5233

Phone: (916) 737-3211
(888) 738-3211 toll-free

Additional Locations:

Auburn, Fairfield, Grass Valley,
Roseville, Vallejo and Woodland

Visit Our Website:

NorCalScans.org