

## LOCATIONS

Massachusetts General Hospital  
Department of Radiology  
Division of Nuclear Medicine  
55 Fruit Street, White 205  
Boston, MA 02114

Mass General Imaging - Chelsea  
80 Everett Avenue  
Chelsea, MA 02150

## SCHEDULING A PET/CT EXAM

PET/CT Scans are normally scheduled upon referral from physicians. PET/CT examinations may be scheduled through Radiology Order Entry (ROE), or by calling 617-724-9729.

## HOURS OF OPERATION

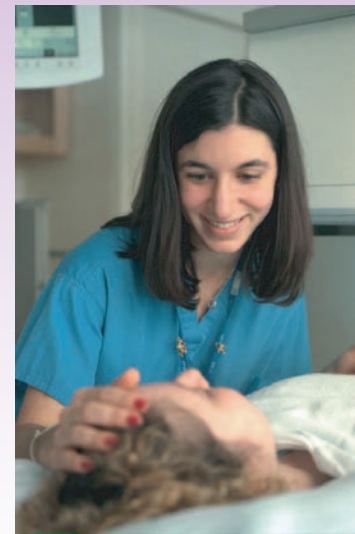
Monday through Friday, 8:00 am to 4:30 pm

## CONTACT US

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Division of Nuclear Medicine  
55 Fruit Street, White 205  
Boston, MA 02114  
Phone: 617-726-9548  
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**Massachusetts General Hospital**  
**Department of Radiology**  
Imaging Services  
55 Fruit Street  
Boston, MA 02114

617.724.9729  
[www.massgeneralimaging.org](http://www.massgeneralimaging.org)



## A PATIENT GUIDE TO PET/CT SCAN



MASSACHUSETTS  
GENERAL HOSPITAL

## PET/CT SCAN

PET/CT or Positron Emission Tomography and Computed Tomography, is a valuable, painless diagnostic test that allows radiologists (doctors who specialize in the use of imaging for diagnosing diseases) a unique view of your body's biological and anatomical functions. PET/CT combines the previously separate PET and CT imaging tests into one test to better diagnose, plan and treat your medical conditions.

### PATIENT PREPARATION

#### WHAT TO DO TO PREPARE FOR YOUR PET/CT SCAN

##### *Medications*

It is important for you to keep to your regular medication schedule unless your physician informs you otherwise - just let our staff know what medications you have taken prior to your scan.

##### *Food and Drink*

You must fast for six hours prior to your PET/CT scan. If you are a diabetic, you may eat four hours prior to your appointment. If you take medications drink only enough water to take them. We will try to schedule your scan to make this fast and as easy as possible for you.

##### *When To Arrive*

You should arrive 30 minutes before your scheduled appointment. This allows time for you to have all your questions answered before the scan.

##### *What To Bring*

Please bring your insurance cards and any insurance forms with you. If you have had previous MRI or CT scans of the area to be scanned, and they were not done at Mass General Hospital, please plan to bring them with you.

##### *What To Wear*

You should dress in comfortable clothing. It will be necessary for you to change into a hospital gown. If you are wearing jewelry or anything else that might interfere with your scan, we will ask you to remove it. The PET/CT scan is conducted in a very secure environment. It is best, however, if you leave valuable items at home.

### WHAT HAPPENS DURING THE SCAN

##### *The FDG Tracer*

To begin your scan, the technologist will inject a safe, low dose of short-lived positron-emitting isotopes in a glucose compound (FDG or F-18 fluorodeoxyglucose) in a vein in your arm. You will then have a seat in the waiting room while the FDG tracer disperses throughout your body. This process usually takes about 60 minutes if you are having a body scan.

##### *Scanning*

Your technologist will then bring you into the PET/CT scan room where you will lie down on the imaging table. The technologist will position the part of your body to be scanned. The PET/CT scanner does not touch you, nor do you feel anything. The technologist leaves the room, but can see you at all times from the observation window in the adjoining room. You are also in voice communication throughout the course of the scan. In order to position you correctly for the scanner, you will feel the patient table move slightly 5 or 6 times

during the scan. It is important for you to lie as still as possible. If you like, you may listen to music while the scan is being done.

##### *Length of Scan*

The actual scanning time varies with the type of scan you are having. On average a body scan takes 60 minutes. Please plan on being at Mass General Hospital a total of two and one-half hours. This allows ample time for your questions and takes into account the wait for the FDG tracer to disperse throughout your body.

### WHAT HAPPENS AFTER THE SCAN

##### *After The Scan*

You have no restrictions after a PET/CT scan and can go about your normal activities. To help eliminate the FDG tracer from your body, drink plenty of fluids. Since you have fasted for six hours, you should eat something right after the scan.

##### *Results*

Rapid results are essential not only for your peace-of-mind, but also for your physician to begin planning your treatment immediately. Massachusetts General Hospital radiologists read your scan upon completion and the results are forwarded to your physician who will discuss them with you.

