



## WHAT IS PET/CT?

PET/CT is the most advanced medical imaging technique available today. With a process that combines positron emission tomography (PET) with computed tomography (CT), it can be used for earlier and more accurate detection of disease than either PET or CT alone. It's especially useful with certain types of cancer, heart disease and epilepsy, to help your physician make a diagnosis, determine the best approach to treatment and monitor your progress along the way.

## BRING WITH YOU

- Prescription or referral from your physician
- List of medications you take
- Insurance cards
- Images from any previous, relevant imaging exams (films or CDs)
- Medical history
- Pathology reports



## WHAT WILL I EXPERIENCE?

- You will be injected with a radioactive tracer. Only a very small amount of the tracer is injected and it will lose its radioactivity very quickly (2 minutes to 2 hours). In all cases, little or no radioactivity will remain in your body 10 minutes to 6 hours after injection.
- For most studies, you'll have to wait for the tracer to distribute itself – typically 30 minutes to an hour.
- You will lie on a comfortable padded table that will move slowly through the scanner as it acquires the information needed to generate diagnostic images. You will be asked to lie very still during the scan, because movement can interfere with the results, and at times will be asked to hold your breath for a few seconds to minimize body movements.
- During the scan, you might hear a humming noise but you will not feel anything unusual. You may feel the table move while images are being taken at certain locations on your body. The technologist will monitor you during the exam.
- The PET/CT scan should last between 30 and 45 minutes. Plan to spend a total of two to three hours at the center.



## HOW DO I PREPARE?

PLEASE ARRIVE 60 MINUTES BEFORE YOUR APPOINTMENT FOR ORAL CONTRAST AND TO COMPLETE PAPERWORK.

It is very important for patients to manage their glucose (sugar) intake prior to the exam. Diabetic patients should contact the Imaging Center for detailed instructions about medications.

Diet and Fluids:

1. NO food 6 hours prior to appointment. You can take water only; no chewing gum, soda, juice, cough drops, mints or anything that has sugar in it.
2. Increase fluids 48 hours before exam.
3. Low carb/ high protein/ high fat 24 hours prior to exam.
4. NO caffeine/ nicotine/ alcohol 24 hours prior to the exam.
5. Discontinue Lomotil 24 hours prior to exam, if possible.
6. Stop G-Tube or parenteral feeding 4 hours before exam.

FOOD ALLOWED & NOT ALLOWED THE DAY BEFORE THE EXAM:

ALLOWED: All meats, tofu, hard cheeses, oil, margarine, butter, eggs, and non-starchy vegetables.

NOT ALLOWED: Cereals, breads, jams, jellies, peas, corn, potatoes, fruits, juices, gravies, milk including non-dairy milks, pastas, sugar, candy, honey, alcohol, and rice.

EXERCISE: No strenuous exercise for at least 24 hours prior to exam.

Temperatures: Avoid cold temperatures and dress warmly for 48 hours prior to exam.

Pregnancy: All women of childbearing age must be pre-screened for pregnancy at the time they are scheduled.

Colostomy Patients: Bring additional colostomy bag.

Other Instructions: May take medications prior to arrival at center WITH WATER ONLY.

You will also be asked to stop talking 5 minutes before the injection and during parts of the exam to limit laryngeal muscle usage.

Please do not bring children to the appointment.

If you have any questions, please call our PET/CT Center. If you need to reschedule your appointment, please do so 24 hours in advance.

## CELEBRATING 30 YEARS OF LEADERSHIP

As one of the largest medical group practices in the region, Community Radiology Associates (CRA) is proud of its long tradition of excellence. Founded in 1980 by Dr. Sid Pion, our first office was located in Olney, Maryland. The practice soon expanded and CRA operates numerous imaging centers located throughout Montgomery, Frederick and Prince George's counties. All of Community Radiology's physician members are board-certified in diagnostic radiology.

Although the diagnostic imaging field has changed since its founding, CRA has remained a leader by:

- Bringing new technology to the region
- Equipping each of its modern facilities with the latest equipment and most knowledgeable staff in the industry
- Providing a full range of diagnostic services, including Fluoroscopy, Radiography, Ultrasonography, Digital Mammography, Bone Densitometry (DEXA), CT, MRI, PET/CT and Nuclear Medicine

Our physicians also provide consultative services to Montgomery General Hospital in Olney, Maryland.

## OUR LOCATIONS

### **Bethesda**

10215 Fernwood Road  
Suite 620  
Bethesda, MD 20817  
(301) 530-6646

### **Bowie**

14999 Health Center Drive  
Suite 102  
Bowie, MD 20716  
(301) 860-1720

### **Bowie South**

4000 Mitchellville Road  
Suite A100  
Bowie, MD 20716  
(301) 805-7000

### **Chevy Chase**

5454 Wisconsin Avenue  
Suite 1765  
Chevy Chase, MD 20815  
(301) 652-3410

### **Clinton**

9131 Piscataway Road  
Suite 370, MRI Suite 110  
Clinton, MD 20735  
(301) 868-7470

### **Frederick**

67 Thomas Johnson Drive  
Suite 4  
Frederick, MD 21702  
(301) 607-0444

### **Frederick North\***

46B Thomas Johnson Drive  
Suite 100  
Frederick, MD 21702  
(240) 566-1880

### **Frederick Open MRI**

130 Thomas Johnson Drive,  
Units 5 & 6  
Frederick, Maryland 21702  
301-682-8300

### **Frederick South**

110 Baughman's Lane  
Suite 120  
Frederick, MD 21702  
(301) 662-0077

### **Germantown**

20528 Boland Farm Road  
Suite 110  
Germantown, MD 20876  
(301) 428-2884

### **Greenbelt**

7501 Greenway Center Drive  
Suite 200 and 510  
Greenbelt, MD 20770  
(301) 345-7690

### **Greenbelt MRI**

7525 Greenway Center Drive  
Suite T1  
Greenbelt, MD 20770  
(240) 965-8090

### **Leisure World**

3801 International Drive  
Suite 103  
Silver Spring, MD 20906  
(301) 598-0123

### **Montgomery Community MRI**

18103 Prince Philip Drive  
Olney, MD 20832  
(301) 924-4625

### **Olney\***

18111 Prince Philip Drive  
Suite T-20  
Olney, MD 20832  
(301) 774-3400

### **Rockville**

15200 Shady Grove Road  
Suite 101  
Rockville, MD 20850  
(301) 947-0700

### **Rockville Imaging at Seven Locks**

1201 Seven Locks Road  
Suite 100  
Rockville, MD 20854  
(301) 424-1781

### **Waldorf**

12070 Old Line Center  
Suite 305  
Waldorf, MD 20602  
(301) 870-4190

### **White Oak**

11120 New Hampshire Ave.  
Suite 100 and 105  
Silver Spring, MD 20904  
(301) 681-7600



## A PATIENT'S GUIDE TO PET/CT IMAGING

For information and scheduling,  
call (888) 601-0943



\*PET/CT available at these locations.