

Please check in at the RCC's front desk on:

Date/Time: _____

It is important that you check in at the time listed above and follow the instructions below or you may have to be rescheduled. You may be contacted prior to your appointment to go over additional info. such as insurance, treatment history, and other specific questions that we may have.

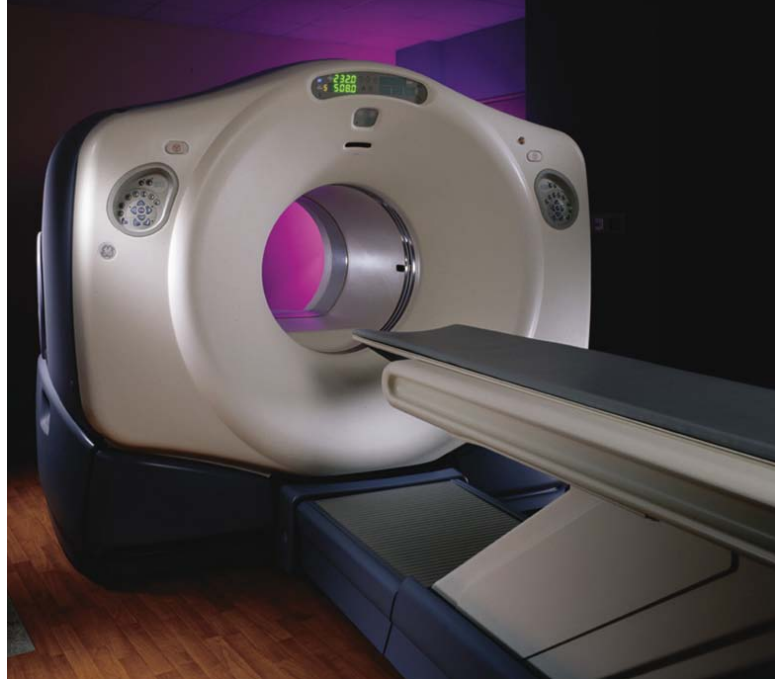
- If we do contact you in advance you will be asked about previous diagnostic imaging studies that you may have had done. You may be asked to bring copies of these reports and images with you to your appointment
- If you are pregnant or nursing, please notify us prior to your exam

The Day of Your F-18 Sodium Fluoride PET Bone Scan

- Hydrate well with fluids the day of your exam and drink two 8 ounce glasses of fluids within 1 hour before arriving for your exam
- Maintain your normal diet
- Refrain from physical activity 24 hours prior to scan.
- Take medications as prescribed except lasix (water pill)
- Diabetics: Please make sure that the PET/CT staff knows that you are diabetic. Call (814) 838-0491
- Plan to be with us for 2 hours. You may bring reading materials or portable listening device, TV will be provided for viewing
- Dress comfortably and warmly. Scanner rooms can sometimes be cool. **DO NOT WEAR JEWELRY OR METAL ON CLOTHES.**
- You will need a driver for your exam ONLY if you will be taking a prescription medicine for anxiety or claustrophobia
- You may wear your hearing aids, glasses and dentures to your appointment

After your PET/CT Scan:

- Drink plenty of water to help flush the tracer out of your system
- Test results take up to a week to be processed and analyzed



Your physician has referred you for a F-18 Sodium Fluoride PET/CT Bone Scan.

Please take a few minutes to read this information on F-18 Sodium Fluoride PET/CT Bone Scan to help you understand and prepare for your exam. Your physician and nurses will also be able to answer additional questions you may have about your exam.



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What is a F-18 Sodium Fluoride PET/CT Bone Scan?

F-18 Sodium Fluoride PET/CT Bone Scan combines the functional information from a Positron Emission Tomography (PET) exam with the anatomical information from a Computed Tomography (CT) exam into one single exam.

F-18 Sodium Fluoride PET Bone Scan is a specific imaging procedure that is used to assess bone lesions to determine if there is abnormal activity in the bone. The most common procedure used today is a Technetium (Tc99m) based bone scan commonly performed in Nuclear Medicine Departments. In comparison, F-18 Sodium Fluoride PET bone scans are more specific and sensitive for evaluation of metastatic bone cancer.

A CT scan uses a combination of X-rays and computers to give the radiologist a non-invasive way to see inside your body. One advantage of CT is its ability to rapidly acquire two-dimensional pictures of your anatomy. Using a computer, these 2D images can be presented in 3D for in-depth clinical evaluation.

The PET exam pinpoints metabolic activity in cells and the CT exam provides an anatomical reference. When these two scans are fused together, your physician can view metabolic changes in the proper anatomical context of your body.

Why do I need this exam?

By detecting changes in cellular function, disease can potentially be identified on a PET scan before a physical change is detected by other imaging methods.

An F-18 Sodium Fluoride PET bone scan can provide information to your referring physician that can be used for the planning and management of your care, as well as determining therapy and monitoring your progress.

What should I expect when I arrive?

When you arrive, we will review your history and any past exams. For the PET portion of the exam you will receive a radiopharmaceutical injection. This is a radioactive tracer that must pass multiple quality control measures before it is used for any patient injection. PET radiopharmaceuticals lose their radioactivity very quickly and only very small amounts are injected.

For most studies, you will have to wait 1 hour between injection and your scan for the radiopharmaceutical to distribute through your body. During this time, you will be asked to relax in a quiet room by yourself.

We ask that all family members remain in our waiting room. You may use portable listening devices and bring reading materials with you during this time. You will be asked to drink fluids during this 1 hour time frame before your images are obtained.

What will the scan be like?

You will lie on a table that will move slowly through a circular-shaped PET/CT scanner as it acquires the information needed to generate diagnostic images. The unit looks similar to a CT scanner. You will be asked to lie very still during the scan because movement can interfere with the results. For the CT scan you may 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 except the table move while images are being taken at certain locations on your body. The technologist will monitor you during the exam, this can typically last between 40 and 60 minutes.

How long will all this take?

The exam procedure can vary considering each patient's individual needs. Plan to spend approximately two hours in total with us.

What happens after the exam?

You may leave as soon as the exam is complete. Unless you have received special instructions, you will be able to eat and drink immediately. Drinking fluids soon after the exam will help remove any of the radiopharmaceutical that may still be in your system. In the meantime, we will begin preparing the results of your exam for review by one of our onsite Radiologists. Once dictated and transcribed the results will be sent to your physician who will tell you the outcome of your study. Results take up to 1 week to be processed and analyzed.

Safety of PET/CT exams

Be assured that F-18 Sodium Fluoride PET Bone Scans are a safe and effective diagnostic procedure. A very small amount of PET radio-pharmaceuticals are injected and they lose their radioactivity in several hours time.