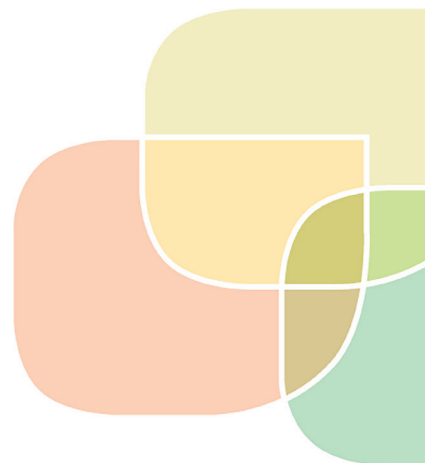




About Your FDG Brain PET Exam

Positron Emission Tomography (PET) is a nuclear medicine procedure that produces pictures of the body's metabolism, or chemical activity, within your body. While imaging procedures such as Computed Tomography (CT) and Magnetic Resonance Imaging (MRI) take pictures of organs and structures within your body, PET scans can detect abnormal changes before a CT or MRI scan can "see" them.

Before the exam: Please do not eat anything for at least six hours prior to your exam. You are encouraged to drink plain water before and leading up to your exam time. You may take any prescribed medications on the day of your exam, unless your physician instructs you not to do so. Please follow the low carbohydrate/no sugar diet for 24 hours before your appointment. Please do not drink any caffeinated or decaffeinated beverages or alcohol or use recreational substances for 24 hours before your appointment. If you are claustrophobic, please call Scheduling Services at 308-630-2700, option one, for more information. Arrive on time and leave all valuables at home. **Please remember to bring your ID or insurance forms.**

The radioactive tracers used for PET exams are created specifically for each patient. Because these drugs expire within hours, please arrive at your scheduled time to allow for registration, consultation, glucose reading, and radioactive tracer injection. If you miss your appointment for any reason other than an emergency or illness, you will be billed for the cost of the radioactive tracer. Please call Scheduling Services at least one day in advance to either cancel or reschedule your exam.

During the exam: First, you will be injected with a radioactive tracer, made of complex sugars labeled with a short-lived radioisotope. You will rest for approximately 30 minutes while the tracer travels through your body. The amount of radiation in this tracer is small, so the risk of negative radiation effects is low.

The technologist will ask you to lie on the scanner table, which will slowly pass through the scanner. The PET scanner looks similar to an MRI scanner, but it is quiet and does not use magnets. The PET scanner detects and records the signals the radioactive tracers emit. The signals are then reassembled into computerized images. Most patients can expect their exam to last about one hour.

After the exam: A radiologist will interpret the images from your scan, and then contact your physician or provider to share results. Your referring physician or provider will reach out with test results, or they may be viewed in your MyChart account if you are a registered user.

The following conditions may exclude you from having a PET exam. Please call Scheduling Services if any of these apply to you or if you have any questions:

- Weight over 500 pounds
- Pregnant
- Diabetic or elevated blood sugars