

Your appointment is at Northfield Hospital Campus

(2000 North Avenue)

Date: _____

Time: _____

Please check in at:

- Women's Health Center
- Hospital Front Desk
- Emergency Department

Diagnostic Imaging is a service of Northfield Hospital + Clinics.

Other Imaging Services include:

- General Radiology (X-ray)
- Computed Tomography (CT)
- PET/CT
- Fluoroscopy
- Diagnostic Ultrasound
- Digital Mammography
- Echocardiography
- Nuclear Medicine
- Bone Densitometry (DEXA)
- Magnetic Resonance Imaging (MRI)

For information:

Diagnostic Imaging

Phone: 507-646-1143

Fax: 507-646-1144

Clinics, Hospital + Specialty Care

Farmington Clinic
4645 Knutsen Drive
Tel: 651-460-2300

**Lakeville Clinic
+ URGENT CARE**
9974 – 214th Street W
Tel: 952-469-0500

Lonsdale Clinic
103 15th Avenue SE
Tel: 507-744-3245

Northfield Clinic
2000 North Avenue
Tel: 507-646-1494

Express Care Clinic
706 Division Street
Tel: 507-646-6700

**Rehabilitation Clinics
Lakeville:**
9913 214th Street W.
Tel: 952-985-2020

Northfield:
1381 Jefferson Road
Tel: 507-646-8800

Women's Health Center
2000 North Avenue
Tel: 507-646-1478

**Orthopedic Services
Northfield:**
1381 Jefferson Road
Tel: 507-646-8900

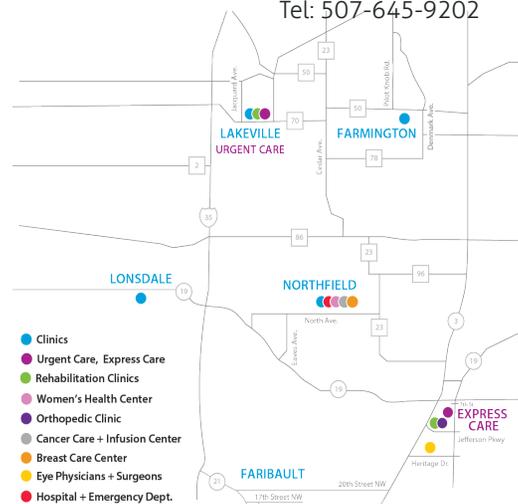
Faribault:
1645 Lyndale Ave N #103
Tel: 507-334-1601

Faribault Clinic - ENT
1645 Lyndale Ave N.
Tel: 952-469-0500

**Cancer Care &
Infusion Center**
2000 North Avenue
Tel: 507-646-6979

Breast Care Center
2000 North Avenue
Tel: 507-646-1143

**Northfield Eye
Physicians + Surgeons**
2019 Jefferson Road
Tel: 507-645-9202



Pet/CT

What you need to know about **Positron Emission Tomography/Computed Tomography Imaging**

What is PET/CT?

PET/CT combines the functional information from a Positron Emission Tomography (PET) exam with anatomical information from a Computed Tomography (CT) exam in one single exam.

A PET scan detects changes in cellular function—specifically, how your cells are utilizing nutrients like sugar and oxygen. Since these functional changes take place before physical changes occur, PET can provide information that enables your provider to make an early diagnosis.

The advantage of CT is its ability to take cross-sectional images of your body. These are combined with the information from the PET scan to provide more anatomic details of the metabolic changes in your body.

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

Preparing for your exam

- The PET/CT scan should last between 20 to 45 minutes. The exam can vary depending on what we are looking for and what we discover along the way. Plan to spend two to three hours with us.
- Do not eat or drink anything except water for 4 hours prior to the exam if you are a diabetic patient and 6 hours prior to your exam if you are a non-diabetic patient.
- Meal prior to your exam should be high protein and low carbohydrate. Please AVOID breads, pastas, cereals, grains, fruit, candy and other high carbohydrate/sugar foods.
- Try to drink approximately 32 ounces of water about 1 to 2 hours prior to your exam.

- When taking your morning medication, only drink water. You may eat a few soda crackers if you've been advised not to take your medications on an empty stomach.
- If you are diabetic, let us know ahead of time so we can work with your provider to determine the safest possible way for you to prepare for your exam.
- No nicotine or chewing gum the day of the exam.
- Avoid strenuous physical activity for 24 hours prior to exam. (Heavy lifting, vigorous exercise, etc.)
- If applicable, bring outside films and reports - CT, MRI, and PET/CT.
- Do not wear anything metallic. (i.e. under wire bras, belts, zippers, buttons.)
- In addition, please let us know if you might be pregnant or are currently breast feeding.

What to expect

When you arrive, we will review your history and any past exams.

For the PET portion of the exam, you will receive an injection of radioactive material similar to what is used for bone scans and other nuclear medicine exams. 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 (two hours) and only very small amounts are injected. In all cases, the majority of radioactivity will be eliminated from the body approximately 6 hours after injection.

After your injection, you will be asked to wait in our injection suite for one hour while the radiopharmaceutical distributes. During this time you will be able to relax.

During the exam, you will lie very still on a comfortable table that will move slowly through the scanner as it acquires the information needed to generate diagnostic images.

After the exam

Unless you've received special instructions, you will be able to eat and drink immediately. Drinking lots of fluids soon after the exam will help remove any of the radiopharmaceutical that may still be in your system.

Results

The radiologist will review the images and send a report to your provider in 2 to 3 business days, but can take as long as a week. Your provider will inform you of the results. You may also view your report online through **MyHealth Info** available three business days after the exam has been read by the radiologist.

Scheduling appointments or questions

Please call 800-500-4014 to schedule or change an appointment, or if you have questions.