

## About Inland Imaging

*Utilizing state-of-the-art technology and specialized clinical expertise, Inland Imaging provides critical medical imaging information used by physicians and their patients throughout the Northwest.*

*Choosing to have your exam done at Inland Imaging gives you access to our team of compassionate physicians and staff, where your unique needs and concerns are at the center of our care. We value the trust that you have placed in us and are pleased to answer any questions you may have at any time.*

## PET/CT Scheduling

**509.363.7880 Fax: 363.7886**

## Locations

**Inland Imaging at the Sacred Heart Doctors Building**  
105 West 8th Avenue, Suite 100C  
Spokane, WA 99202



# ONCOLOGICAL PET/CT

*What you need to know*

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**Inland Imaging**<sup>®</sup>  
Trusted Medical Imaging

## PET/CT Basics

Positron Emission Tomography (PET) and Computerized Tomography (CT) are both standard imaging tools that allow physicians to pinpoint the location of cancer within the body before making treatment recommendations.

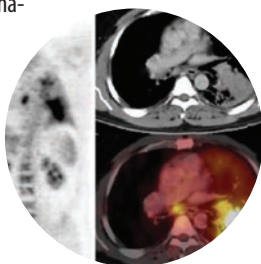
The highly sensitive PET scan detects the metabolic signal of actively growing cancer cells in the body, and the CT scan provides a detailed picture of the internal anatomy that reveals the location, size, and shape of abnormal cancerous growths. Essentially, small lesions or tumors are detected with PET and then precisely located with CT.

Alone, each imaging test has particular benefits and limitations, but when the results of PET and CT scans are “fused” together, the combined image provides enhanced information on cancer location and metabolism. Combining these two scanning technologies makes a PET/CT superior to either technology alone.

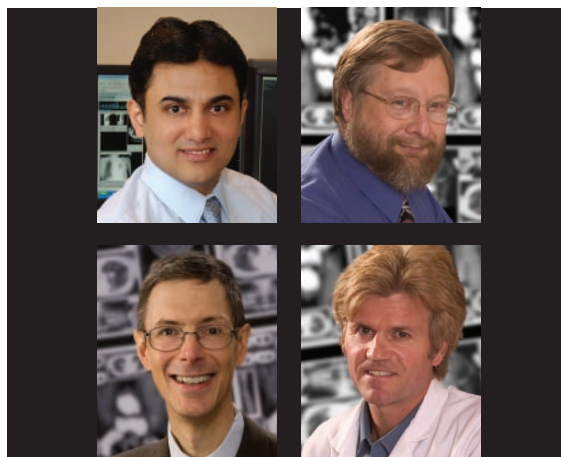
## What PET/CT Sees

PET/CT scanning integrates PET and CT technologies into a single device, making it possible to obtain both anatomical and biological data during a single exam. This integrated approach provides precise tumor detection and localization for a variety of cancers, including:

- Lung\*
- Breast\*
- Colorectal\*
- Female Reproductive
- Malignant Melanoma\*
- Lymphoma (H, NH)\*
- Esophageal\*
- Liver
- Head and Neck\*
- Sarcoma
- Thyroid Cancer\*



\* Medicare coverage exists, but criteria for coverage varies. There are other oncological conditions that may be covered by private insurance. Inland Imaging referral coordinators will work with your physician to complete the required pre-authorization process.



*Inland Imaging's team of nuclear medicine physicians, top, left to right: Drs. Ishwar Bhat, Phillip Curtis, Justin Smith and David Thorne, often work collaboratively to provide patients with accurate and timely information about their PET/CT scan.*

### Other applications include:

- Reducing biopsy sampling errors
- Improvement of therapy planning
- Assessment of response to treatments such as chemotherapy or radiation therapy

## Benefits of PET/CT

There are tremendous benefits of having a combined PET/CT scan:

- Earlier diagnosis
- Accurate staging and localization
- Precise treatment and monitoring

With the high-tech images that the PET/CT scanner provides, patients get a better chance at a good outcome and avoid unnecessary procedures. A PET/CT image also provides early detection of the recurrence of cancer, revealing tumors that might otherwise be obscured by scar tissue that results from surgery and radiation therapy, particularly in the head and neck. <sup>(1)</sup>

In the past, difficulties arose from trying to interpret the results of a CT scan done at a different time and location than a PET scan, due to the fact that the patient's body position had changed. The combination PET/CT provides physicians a more complete picture of what is occurring in the body — both anatomically and metabolically — at the same time. <sup>(2)</sup>

1. Shreve, P., M.D., University of Michigan Health System, (2002, July 9).
2. Hricak, H., M.D., Memorial Sloan Kettering Cancer Center, (2002, January 15).



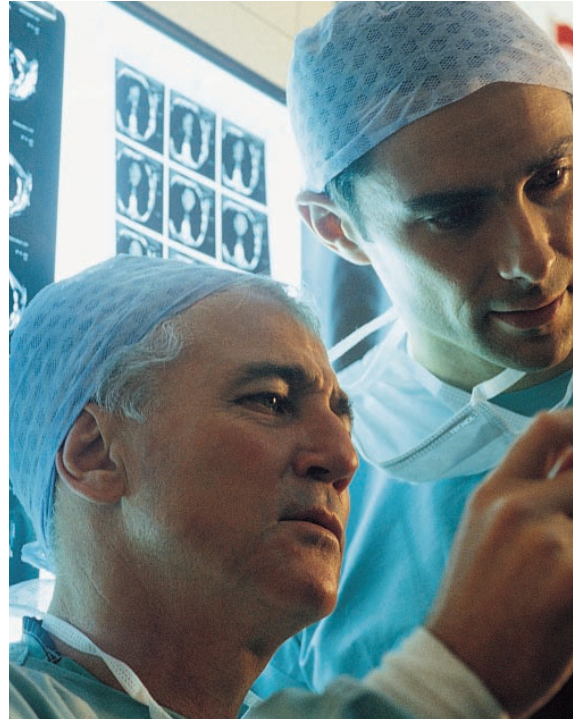
## Preparation for Exam

- For the entire day prior to your exam, do not eat or drink any sugars or carbohydrates.
- No vitamins for 24 hours prior to your exam.
- No strenuous exercise for 24 hours prior to your exam.
- For morning appointments, nothing to eat or drink (except water) after midnight the night before.
- For afternoon appointments, nothing to eat or drink (except water) after 6:00 am. If you have breakfast before 6:00 am, it must consist only of proteins – no sugars or carbohydrates.
- Drinking water prior to the study is encouraged.

All necessary medication may be taken with water. Do not drink any other kind of fluid.

Including preparation for the exam and time in the scanner, please allow up to three hours for the entire visit. Upon your arrival, a technologist will escort you to the imaging area and administer a very small amount of radioactive glucose. Following the injection, you will rest in a private room for 45 to 60 minutes while the glucose distributes through your body. The scanning procedure is performed while you lie comfortably on the scanner bed.

The PET exam itself causes no side effects and you will be able to drive yourself home. However, some patients may request a mild sedative be given to relieve anxiety, and must have someone drive them home.



## After the Exam

After your exam, you may resume normal activity. If any of your prior studies, for example CT films, have been provided to the radiologist to compare with your new procedure, your physician will receive a report within 24 - 48 hours of the exam. The results of your exam will be given to you by your doctor who will compare your PET/CT results against your past medical history to provide you with a clear picture of your overall health.

  
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