

## Procedures/Diagnostic Tests

### Positron Emission Tomography (PET) Scan—Research

Patient name

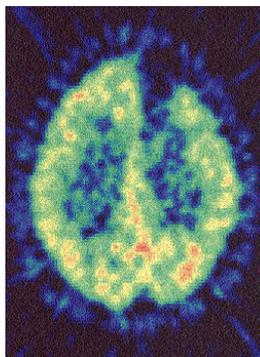
Test date

Time/Place to report

This time is reserved only for you, so please arrive promptly. Please allow time to park and take the elevator.

*You are scheduled for a research PET (positron emission tomography) scan. A PET scan uses small amounts of radioactivity to take detailed pictures of different areas inside the body. These scans are performed as part of research studies done at the National Institutes of Health.*

#### What does PET mean?



PET scan of the brain

The letters “P E” stand for positron emission. This is the scientific term for the type of radioactivity attached to the compound you will be given. “T” stands for tomography. Tomography means that the radioactivity can be detected at many angles as you move

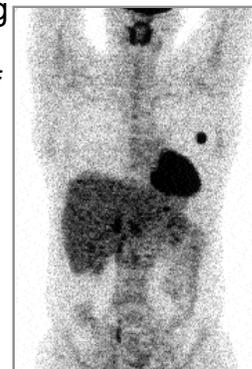
through the scanner. By using many angles, the scanner can make detailed pictures of sections of your body.

#### How does PET differ from other scans, like CT?

Computerized tomography (CT) shows the shape and structure of your body’s organs and tissues; PET shows how they work. Because of this, PET scans can often find changes in the body’s tissues before changes can be seen in their structure.

#### Preparation

A member of your health care team working with the study’s primary investigator will contact you before your scan.



PET scan of the whole body

---

Preparation depends on the research study you take part in. Generally, you may expect one or more of the following:

- ▶ not to eat, drink, smoke, or take medication anything on the morning of the scan.
- ▶ to arrive well before your scan is scheduled. This gives the staff time to prepare you.
- ▶ Depending on the research study you take part in, you will have one or two intravenous (I.V.) lines inserted. Also, an arterial line may be inserted to take small blood samples during the scan. These samples help researchers understand the scan.
- ▶ If you are a woman of childbearing age, you will be asked to give a urine or blood sample to test for pregnancy. You will also be asked to sign a card in the Nuclear Medicine/PET Departments stating that you are not pregnant or breastfeeding a child.

### **Procedure**

What happens during the scan depends on the type of study you take part in.

Ask a member of your health care team for specific information.

### **After the procedure**

- ▶ You may resume your usual routine. Continue to drink plenty of liquids for the rest of the day. You may drink any kind of liquid after the scan—you are not limited to water.

- ▶ **If you were sedated, do not drive yourself home—have someone else drive you.** Even if you plan to take a taxi or other public transportation, please arrange for someone to go with you.

- ▶ If you had an arterial line inserted, a member of your health care team will explain special measures you need to take after it is removed.

### **Special Instructions**

If you have more questions about your research PET scan, please feel free to ask. Your nurse or any member of your health care team can assist you.

---

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere.

If you have questions about the information presented here, talk to a member of your health care team.

Products/resources named serve as examples and do not imply endorsement by NIH. The fact that a certain product/resource is not named does not imply that such product/resource is unsatisfactory.

National Institutes of Health Clinical Center  
Bethesda, MD 20892

Questions about the Clinical Center?  
<http://www.cc.nih.gov/comments.shtml>



7/09