

After your scan.

- Your scan will take approximately 15 to 45 minutes.
- You can leave immediately.
- Your activity will not be restricted. You may drive if you wish, resume your normal diet, exercise and take all prescribed medications.
- As an extra precaution, avoid getting close to an infant or anyone who is pregnant for eight hours immediately following the scan.
- The PET/CT scan will be reviewed by a physician who will send a report to your doctor.
- Your doctor will contact you about the results of your scan.



Directions

M **By subway**
B, Q, R to DeKalb Avenue
2, 3, 4, 5 to Nevins Street
C to Lafayette Avenue (Take A train 10:30pm — 6am)
G to Fulton Street/Lafayette Avenue

MTA **By Long Island Railroad**
LIRR to Atlantic Avenue Terminal

B **By bus**
B25, B26, B52 to Fulton Street/
Ashland Place
B37 to Fulton Street/
Flatbush Avenue Extension
B38 to DeKalb Avenue/Ashland Place
B41 to Livingston Street/Flatbush
Avenue Extension
B54 to Myrtle Avenue/Ashland Place



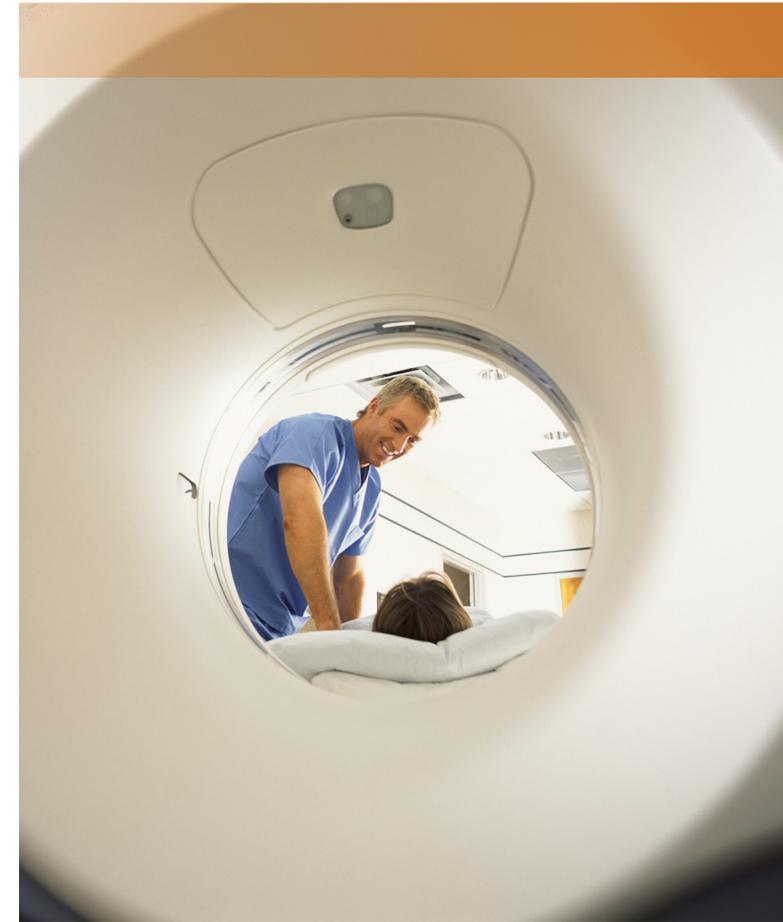
Your PET/CT scan at The Brooklyn Hospital Center is scheduled for:

Date: _____

Time: _____

Place: _____

PET/CT Molecular Imaging Technology



The Brooklyn Hospital Center

Keeping Brooklyn healthy.

121 DeKalb Avenue • Brooklyn, NY 11201
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The Brooklyn Hospital Center

Keeping Brooklyn healthy.

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affiliate: Weill Cornell Medical College

Advanced imaging for downtown Brooklyn.



The Brooklyn Hospital Center (TBHC) has some of the most advanced imaging equipment anywhere in New York. With the recent addition of PET/CT, we've raised the standard of care for radiology in downtown Brooklyn.

What is a PET/CT scan?

- PET/CT is the most advanced medical imaging technique available today, combining Positron Emission Tomography with Computed Tomography.
- PET/CT combines the fine structural detail of CT with PET's ability to detect changes in cell function. This combination allows for earlier and more accurate detection of disease than either CT or PET alone.
- A PET/CT scan helps your physician diagnose a problem, determine the best approach to treatment or monitor your progress.

How does PET/CT work?

- Cancer cells grow at a very fast rate.
- Growing cells use glucose as a primary source of energy. The faster cells grow, the more glucose is consumed.
- A form of glucose called FDG, which emits particles called positrons, is injected into the patient.
- The FDG molecules are consumed more in fast-growing cancer cells than in normal cells, resulting in concentrations of FDG, and positrons, in areas of cancer.

- A PET/CT scanner detects where positrons are being emitted from within a patient and provides images that map the locations.
- PET FDG mapping is combined with a CT image's structural detail in order to identify both the presence of disease and its precise location.

Preparing for your PET/CT scan at The Brooklyn Hospital Center.

- For 6 hours before your test, **do not** eat or drink (except water). **Do not** even chew gum.
- Your last meal before the scan should be high in protein and low in carbohydrates. For example:
 - Dinner: steak, baked chicken, fish, cheese, asparagus, broccoli, mushrooms. **No** pasta, potatoes, rice or bread.
 - Breakfast: eggs, bacon, sausage. **No** breakfast should be eaten if you have an appointment before noon.
- Continue to take any medication prescribed by your physician. If you have been advised to take your medications with food, eat nothing more than a few soda crackers 4-8 hours prior to your exam.
- Avoid caffeine, sugar, tobacco and heavy exercise for 24 hours prior to your exam.
- If you have diabetes, discuss this with your physician and call the center staff 48 hours before your scan.
- If you are, or think you may be pregnant, discuss this with your physician. Generally, PET/CT is not performed on pregnant women.



What to bring and wear.

- Bring with you:
 - Insurance cards
 - Previous CT scans, X-rays and prior PET exams
 - Medical history – Pathology reports
- Wear warm, comfortable clothes, since the scanner room is cool.
- Avoid clothes with heavy buckles or metal components.
- Reading material is suggested.

Arrive on time.

- Please arrive 20 minutes before your scheduled appointment.
- If you must cancel or reschedule, please do so at least 24 hours before your appointment.

Your PET/CT scan.

- After registering, you will go to a preparation area where a PET technologist will insert a small IV line into your arm.
- A small amount of FDG, a form of glucose, will be injected through the IV line. This is painless.
- You will rest quietly without speaking for 30 to 60 minutes to allow the FDG to distribute in your body.