

# PET/CT

The most advanced diagnostic tool in the fight against cancer.



West Michigan Cancer Center  Together, we win.

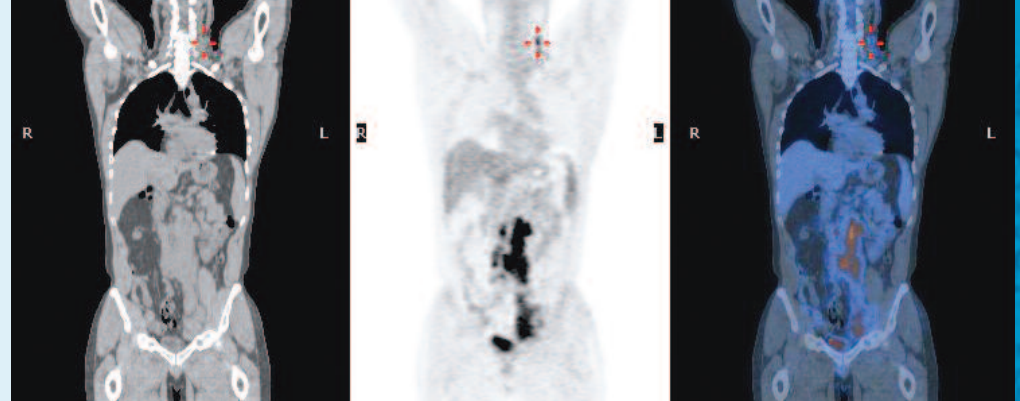
Your doctor has asked that you visit the West Michigan Cancer Center for a diagnostic procedure called “Positron Emission Tomography/Computed Tomography,” or simply, PET/CT. We know you have many questions about this procedure and we’ve prepared this brochure to answer them.

**What is a PET/CT?**

You may have heard of the procedure known as a Positron Emission Tomography (PET) scan. This technology is an excellent diagnostic tool and has been around for many years. A PET scan creates colored pictures of chemical changes (metabolic activity) in tissues. Because cancerous tumors usually are more active than normal tissue, they sometimes appear as “hot spots” on a PET scan.

Computed Tomography (CT) uses special x-ray equipment to obtain cross-sectional pictures of areas inside the body. A computer then assembles these pictures into detailed images of organs, bones and other tissues.

PET/CT scanning, however, is an advanced technology that joins the two imaging tests into a single procedure that provides a more complete picture of the location and growth of cancerous tumors than either test alone. This tool gives us a far greater ability to diagnose cancer in its earliest stages, determine how far it has spread, confidently recommend treatment and track your response to treatment. A PET/CT scan can reduce the number of additional imaging tests you may require. It may also reduce the need for more invasive exams or exploratory surgery.



**Why do I need a PET/CT scan?**

Your doctor needs to know as much as possible, as quickly as possible, about any potential health problem you might have. Your PET/CT scan will provide your doctor with the location and relative size of any tumor and lay the groundwork for a variety of treatment options. Once these options have been selected and implemented, further scans can monitor your progress. Other than exploratory surgery, no other procedure gives your physician so much valuable information as a PET/CT scan.

**Are there risks with this procedure?**

There is little need to be concerned about the amount of radiation you receive during a scan. The radioactivity is very short-lived, and the amount is so small that it does not affect the normal processes of your body.

If you are pregnant or nursing however, please consult your physician to determine if a PET/CT scan is right for you.

*Positron Emission Tomography/  
Computed Tomography (PET/CT)*



**What happens when I get there?**

You'll be asked to sit down and an IV will be placed in a vein in your arm. A radioactive tracer will be delivered through the IV. The tracer highlights specific areas inside your body, resulting in a highly defined image.

You will likely wait about 60 minutes for the tracer to flow to the area to be scanned. You can read a book or listen to music as you wait. Plan on being at the Center for 1½ – 2 hours.

The procedure will not cause you any pain. However, lying very still in one position, as required during most scans, may be a little uncomfortable.

**What happens during the scan?**

The table will slowly pass through the center of a large ring-like scanner. The length of the procedure depends on the size of the area being scanned; 20 – 90 minutes is typical.

**How do I prepare for the scan?**

- You should fast at least six hours before the scan. 24 hours prior to that, avoid simple sugars and carbohydrates, including sodas, chocolates, candy, fruits, juices, breads, cereals, rice, pasta, carrots, potatoes and milk.
- We recommend leafy green vegetables, broccoli, zucchini, asparagus, lean meats, chicken, fish, cheese, tofu, eggs, natural peanut butter, coffee, tea and broth-based soups.
- Drink plenty of water the day before and the day of your scan. Liquid medicines (not containing sugar) and pills are alright to take the day of the PET/CT scan.
- If you have been advised not to take your medications on an empty stomach, eat nothing more than a few soda crackers within 4–6 hours of your exam.
- Refrain from intense physical activity the day before the exam.
- If you have diabetes, discuss these recommendations with your doctor and call us 72 hours before your scan.

**Cancellation policy:****Comfortable clothing:**

- Dress in loose, comfortable clothing, like sweat pants and shirts.
- Regardless of the season, wear warm clothing as the imaging room is kept rather cool.
- Avoid clothing with heavy metal buttons, snaps or zippers. Nylon zippers are fine.

**Insurance:**

- Bring your insurance cards and any pertinent health coverage information.

**What happens when the scan is complete?**

You may leave the scanning room as soon as the procedure is complete. Unless your physician provides other instructions, you may eat and drink immediately; in fact, drinking extra fluids will help flush your system of any remaining tracer.

## A source of strength and compassion.

*The West Michigan Cancer Center.*

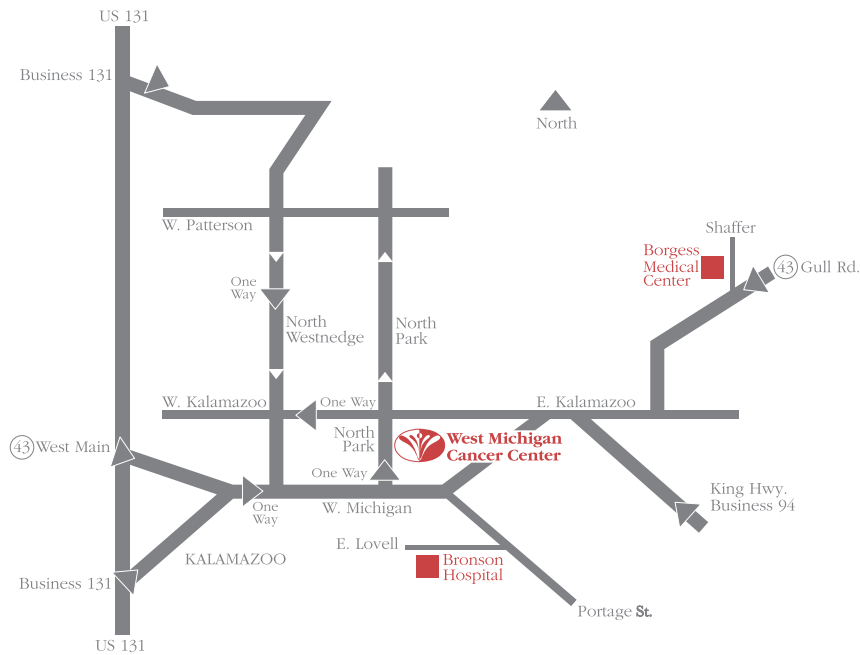


The acknowledged regional leader in cancer treatment for over a decade, the West Michigan Cancer Center has all the best tools at hand, including innovative drug therapy and contemporary clinical procedures that are among the most advanced in West Michigan. Just as important, we provide this technology in an environment of kind, compassionate care that is unmatched by any regional cancer treatment facility.

This is where cancer patients find hope, the strength to fight and the people they can count on. For anyone diagnosed with cancer, this is where the fear ends and the healing begins.

## West Michigan Cancer Center

200 North Park Street Kalamazoo, MI 49007-3731  
Phone 269.382.2500 | Fax 269.373.7478 | www.wmcc.org



### From South of Kalamazoo

Take US 131 North to Business 131 (exit 36A-Stadium Drive). Follow Business 131 to Highway 43 (W. Michigan), turning right onto Hwy. 43. Continue on Hwy. 43 to North Park, turning left onto North Park. WMCC is on your right.

### From North of Kalamazoo

Take US 131 South to Business 131 (exit 41). Follow Business 131 (N. Westnedge) to Hwy. 43 (W. Michigan), turning left onto Hwy. 43. Continue on Hwy. 43 to North Park, turning left onto North Park. WMCC is on your right.

### From West of Kalamazoo

Take Hwy. 43 (turns into W. Michigan) into Kalamazoo. Turn left onto North Park. WMCC is on your right.

### From East of Kalamazoo

Take Hwy. 43 into Kalamazoo. Continue on Hwy. 43 until it becomes East Kalamazoo. Turn left onto North Westnedge, then turn left onto West Michigan, and then left onto North Park. WMCC is on your right.

Or take 94 West to Business 94 (King Hwy). Follow Business 94 until it meets Hwy. 43 (E. Kalamazoo). Turn left onto North Westnedge, then turn left onto West Michigan, and then left onto North Park. WMCC is on your right.

## The best technology, in the best hands.

As the acknowledged regional leader in cancer treatment, we have diagnostic and treatment technology that is unrivaled in Southwest Michigan. To best utilize these contemporary cancer-fighting tools, we call upon medical professionals who are renowned for their expertise.

Three outstanding, local radiologists serve as diagnostic inter-preters of PET/CT scans. Well respected in the community, they offer a proficiency with and commitment to the PET/CT that allows for rapid 48-72 hour turnaround of test results. All our physicians are affiliated with the Kalamazoo Division of Advanced Radiology Services, P.C.

*Dr. Robert Davis, who also serves as the Medical Director of our PET/CT capabilities, is a graduate of the Indiana University School of Medicine and completed his residency at Indiana University Medical Center in Indianapolis. He also served as Chief of Medical Staff at Borgess Medical Center, Kalamazoo.*

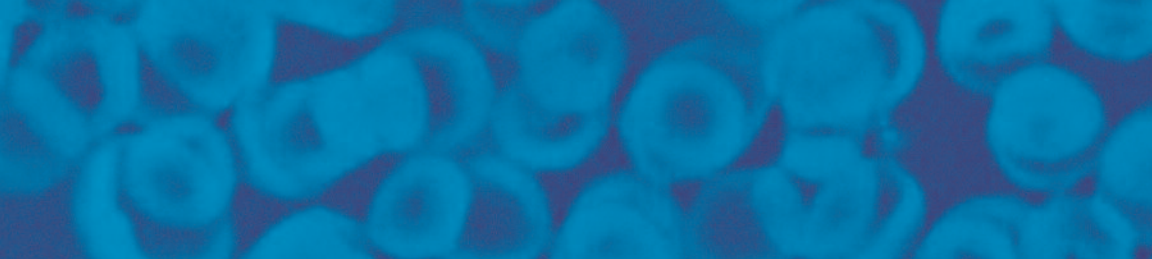


Robert Davis, MD

*Dr. Christopher Carrel received his medical degree from Indiana University School of Medicine and completed his residency in diagnostic radiology at William Beaumont Hospital and his fellowship in body imaging at M.D. Anderson Cancer Center in Houston, Texas.*



Christopher Carrel, MD



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A Borgess | Bronson Collaboration