PET/CT
The most advanced diagnostic tool in the fight against cancer.
Your doctor has asked that you visit West Michigan Cancer Center & Institute for Blood Disorders (WMCC) for a diagnostic procedure called “Positron Emission Tomography/Computed Tomography,” or simply, PET/CT.

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 within body tissues 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 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.

Due to the technical limitations of the PET/CT exam table, the maximum weight allowed is 450 lbs.
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 radiopharmaceutical you receive during a scan. The radioactivity is very short-lived, and the amount is so small that it does not generally affect the normal processes of your body. A very small number of people report side effects including redness, swelling and/or rash. However, this is rare.

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

Cancellation policy:
If you need to cancel your PET/CT scan, please call 269-373-7409 no later than 1 business day prior to your appointment. If you do not cancel by this time, you may be liable for the cost of the radiopharmaceutical as it is specially ordered for each patient.

Insurance & medications:
Bring your insurance card and a list of medications you are currently taking to your appointment.
What happens when I get there?

You’ll be asked to sit down and an IV will be placed in a vein. Radioactive material will be delivered through the IV. The material highlights specific areas inside your body, resulting in a highly defined image.

You will likely wait about 60-80 minutes for the radioactive material 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 2 – 3 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. You may take pain medication prescribed to you, with water only.

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 – 45 minutes is typical.

How do I prepare for the scan?

The day before your scan, please drink 2-3+ large glasses of water and eat plenty of vegetables and lean protein foods. It is important that you avoid consuming sugars, dairy products and carbohydrates. You should also refrain from strenuous activity.

Note: If you have an insulin pump, please instead follow the instructions under the next section, ‘Medicine Instructions/Diabetics.

**Instructions—24 hours before your scan:**

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Recommend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Beverages</td>
</tr>
<tr>
<td>Carrots</td>
<td>Water (2-3+ large glasses required)</td>
</tr>
<tr>
<td>Cereal</td>
<td>Coffee (black only)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Tea (unsweetened only)</td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Instructions—6 hours before your scan:**

No food or drink except water. Please drink at least two large glasses of water before your scan. Refrain from drinking water with additives or flavors. Remember no mints, gum or cough drops.

*Reminder*—when you arrive at the center, don’t forget to say ‘no’ if a coffee cart volunteer offers you a cookie and/or beverage.

**Medicine instructions**

**Non-diabetics:** Liquid medicines (not containing sugar) and pills are alright to take the day of the PET/CT scan. However, if you are on medication that must be taken with food, you must delay until after the scan is complete.

**Diabetics:** You **should not** take insulin or oral diabetes medication prior to your PET/CT scan. Please consult with the doctor who prescribes your insulin or oral medication for further instructions. Generally, your blood sugar level should be around 100 – 150mg/dL before the scan. You should schedule your PET/CT for the time of day during which your blood sugar levels are best controlled. We will test your blood sugar prior to your PET/CT scan.

If you have an insulin pump:

– The pump can stay in and turned to basal or night mode
– Follow your normal diet the previous day
– No food 6 hours before the scan
– Drink 2 large glasses of water the day of the scan

Your doctor may need to give you special medicine for this test if you have fear of enclosed or tight spaces (claustrophobia) or pain. This medication should be brought with you.

**Comfortable clothing:**

– Dress in loose, comfortable clothing, like sweat pants and shirts.
– Regardless of the season, wear warm clothing as the imaging room is cool. Make sure you are warm traveling to the test. If you are cold, your test results may be less accurate.
– Avoid clothing with heavy metal buttons, snaps or zippers. Nylon zippers are fine.

**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 radioactive material.
Where to Find Us

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.

Map on back cover
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.

Six outstanding, local radiologists serve as diagnostic interpreters of PET/CT scans. Well respected in the community, they offer a proficiency with the PET/CT that allows for rapid 48 – 72 hour turnaround of test results. Our physicians are affiliated with two radiology practices, Advanced Radiology Services and Premier Radiology.

Shawez Bokhari, MD
Advanced Radiology Services

Christopher Carrel, MD
Advanced Radiology Services

Marcio Curvelo, MD
Premier Radiology

Tammam Nehme, MD
Premier Radiology

Mark Shaman, MD
Medical Director PET/CT
Premier Radiology

Brandon Tominna, MD
Premier Radiology
From the North
- US 131 South to Business 131 (exit 41)
- Business 131 turns into N. Westnedge Avenue southbound
- Turn left (east) on West Michigan Avenue
- Go one block east
- Turn left (north) on North Park Street
- WMCC is the second block on your right.

From the East or West
- Take I-94 to Kalamazoo exit 76 northbound Westnedge
- Westnedge becomes a one-way street called South Park Street
- 3.8 miles from 94 to West Michigan Avenue
- Cross over West Michigan Avenue
- WMCC is the second block on the right.

From the South
- US 131 North to I-94 towards Kalamazoo (could be either east or west)
- Take I-94 to Kalamazoo exit 76 northbound Westnedge
- Westnedge becomes a one-way street called South Park Street
- 3.8 miles from 94 to West Michigan Avenue
- Cross over West Michigan Avenue
- WMCC is the second block on the right.