

APPOINTMENT DATE: \_\_\_\_\_

CHECK-IN TIME: \_\_\_\_\_

# Preparing for Your PET/CT Visit

## PSMA PET/CT Body Imaging

Your physician has ordered a PET/CT exam for you. A PET/CT exam is a powerful imaging tool that physicians can use to help make decisions and manage treatment for patients with cancer and other diagnoses. The team at PET/CT Imaging at the Swedish Cancer Institute is committed to providing superior service. You can rest assured that this facility will meet the highest level of patient safety standards and image quality.

Follow these instructions to prepare for your PET/CT exam. Proper preparation is the key to obtaining optimal PET/CT images.

### 72 HOURS PRIOR TO YOUR PET/CT EXAM

- Call the PET/CT coordinator if you have any questions
- If you are claustrophobic and need anti-anxiety medications for your exam, obtain a prescription from your physician. You will need to bring the medication with you to your exam. We are not able to provide the medication for you.

### 24 HOURS PRIOR TO YOUR PET/CT EXAM

- Stay well hydrated.
- No dietary or exercise restrictions.

### DAY OF YOUR PET/CT EXAM

- Arrive at the PET/CT Imaging at Swedish Cancer Institute at your check-in time. This is important because your exam requires a time-sensitive injection that has been specifically ordered for you. If you are late, your appointment may have to be rescheduled.
- You may take your medications.
- There are no dietary restrictions.
- Stay well hydrated. If you are participating in the PSMAAddition trial, please drink 1-2 glasses of water before you arrive at your check-in time.
- Wear warm, loose-fitting clothes without metal (i.e., zippers, snaps, buttons, clasps, metal underwire).

- Leave all jewelry/watches at home.
- Family members and/or friends may accompany you to your appointment; however, they will be asked to wait in the lobby prior to the injection for your exam.
- You will be asked to empty your bladder prior to the start of imaging. If you normally perform self-catheterization to empty your bladder, please bring those supplies with you to your appointment.
- A radiopharmaceutical will be administered through an IV (or port if you have one and have it accessed before your exam). Following this injection, you will sit in a private room for 60 minutes.
- After your uptake, you will need to lie flat on the PET/CT exam table for 45-70 minutes.
- Your appointment will last about 2¼ to 2¾ hours.

### AFTER YOUR PET/CT EXAM

- Drink plenty of fluids for the rest of the day.
- Empty your bladder regularly for a few hours after the exam.
- Your exam will be interpreted by a board-certified radiologist, and the results will be sent to your physician within 24-48 hours. Your physician will discuss the results with you.

(over)

## DRIVING DIRECTIONS

### From I-5 heading north

- Take exit 164A (Dearborn Street/James Street) toward Madison Street. Follow signs toward Madison Street.
- Turn right onto Madison Street.
- At the intersection of Madison Street and Summit Avenue, turn right into the circle drive for parking for Nordstrom Tower, Arnold Pavilion and the Swedish Cancer Institute.
- Take the sidewalk from the parking garage to the Arnold Pavilion/Swedish Cancer Institute.

### From I-5 heading south:

- Take exit 166 (Stewart Street). Continue onto Stewart Street.
- Turn left onto Boren Avenue.
- Turn left onto Madison Street.
- At the intersection of Madison Street and Summit Avenue, turn right into the circle drive for parking for Nordstrom Tower, Arnold Pavilion and the Swedish Cancer Institute.
- Take the sidewalk from the parking garage to the Arnold Pavilion/Swedish Cancer Institute.

***If you need to reschedule your PET/CT exam, call the PET/CT coordinator at least 24 hours before your exam.***



### PET/CT IMAGING AT SWEDISH CANCER INSTITUTE

#### Arnold Pavilion

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Seattle, WA 98104

T 206-215-6487

F 206-215-3651

<https://www.swedish.org/services/cancer-institute/our-services/pet-ct-imaging>

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY:711)

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