

About Your PET/CT Scan

Your Care is Our Concern



About Us

You have been referred to Fairfax PET/CT Imaging Center where you will receive the most detailed study to diagnose and treat your particular medical condition, in the most personal and compassionate environment possible. Fairfax PET/CT Imaging Center is a state-of-the-art facility, established by Inova Health Systems and Fairfax Radiological Consultants, P.C. (FRC).

Inova, a not-for-profit healthcare system, is the largest provider of healthcare services in Northern Virginia. Inova consists of multiple hospitals along with additional health services including emergency and urgent care centers, home care, nursing homes, mental health services, blood donor services and wellness classes.

FRC is the largest private radiology practice in Northern Virginia. FRC provides professional services to Inova Fairfax Hospital, Inova Loudoun Hospital, Inova Fair Oaks Hospital, the Fairfax MRI Center, Inova Diagnostic Imaging/Dulles South, and Inova Diagnostic Imaging/Leesburg. FRC owns and operates 13 additional outpatient imaging facilities conveniently located throughout the Northern Virginia area with over 70 subspecialized radiologists providing patients a full range of radiology services.

What is PET/CT and How is it Used?

PET (Positron Emission Tomography) and **CT (Computed Tomography)** scans are imaging modalities which enable physicians to detect and localize disease. PET imaging utilizes the physiology of glucose metabolism in detecting disease, while the CT component provides extensive anatomic detail. In combining PET and CT imaging, the identification and accuracy of diagnosing disease is greatly enhanced. As a result, PET/CT imaging has had a significant impact on patient management. The combination of PET and CT has been shown to provide more accurate diagnoses than the two scans performed separately.

What to Expect

After careful review of your medical history, a blood glucose level will be measured. If your blood glucose level is within the desired range, you will receive an injection consisting of a radioactive tracer (F-18 FDG). In most exams, you will also need to drink barium for the CT component of the exam. A wait of approximately 30 to 60 minutes in a quiet, semi-darkened room is necessary to allow the radiotracer to adequately distribute within your body. After the specified time has passed, you will be placed on the table of the PET/CT scanner for imaging. For the best results, one must lie as still as possible for approximately 30 minutes. Your PET/CT scan will be interpreted by our Board Certified Radiologist with significant experience in the interpretation of PET/CT scans, and the results will be sent directly to your referring physician(s).

Your Exam

On the day of your PET/CT scan, please bring:

- Insurance cards
- Medical history
- Pathology reports
- Previous CT, MRI, Bone, and prior PET/CT exams (on CD when possible) unless these images were done at any Inova facility or an FRC outpatient center

Patient Preparation Instructions:

- No food or liquid (except water) 6 hours before procedure. Do not chew gum or mints.
- Continue taking prescribed medication(s).
- No strenuous work or exercise 24 hours before procedure.
- Avoid wearing metal (jewelry, zippers, clips, buckles etc.) and wear warm, comfortable clothing since the scanner room is cool.
- Bring a list of your medications.
- Bring any previous PET scans to the appointment.
- Bring any CT or MRI Films of the area of interest obtained within the last year. We can obtain images from Fairfax Radiological Consultants, P.C. or Inova Fairfax Hospital.
- If you are or may be pregnant, discuss this with your physician and inform the PET/CT staff.

continued

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Your Exam

Additional Preparation Instructions for Insulin Dependent Diabetic Patients:

- Avoid carbohydrates 24 hours before procedure.
- No food after midnight.
- Continue taking prescribed medication(s), including any diabetic oral meds.
- No liquid (except water) 6 hours before procedure.
- Do NOT take insulin the morning of the procedure. However, bring the insulin to the appointment in order to take after you eat.

After your scan:

Following the study, you may eat and resume your normal activities/diet. Fluid is encouraged to promote excretion of the FDG (tracer). Because there is a minimal amount of radiation remaining in your body for 6 – 8 hours following the exam, it is recommended that you avoid close contact with children and pregnant women.

Contact Information

Fairfax PET/CT Imaging Center

Prosperity Medical Center
8503 Arlington Blvd.
Suite 120 – Lower Level
Fairfax, VA 22031

Phone: 703.698.4441 Fax: 703.698.5930

Complimentary Accessible Transportation Available Upon Request



★ Complimentary Valet Parking available at entrance on the north side of the building facing Rt. 50.

A service provided by Inova Health Care Services and Fairfax Radiological Consultants, P.C.

fairfaxradiology.com

