



ARIZONA  
BLOOD & CANCER  
SPECIALISTS™

A Partner of  OneOncology®

# WHAT YOU SHOULD KNOW ABOUT YOUR SCAN



## What is a CT Simulation?

After a consultation visit with your radiation oncologist, the next step is scheduling your CT Simulation, also called a CT planning appointment. This is not a radiation treatment, but an appointment where your radiation oncologist and the radiation therapists spend 20–60 minutes aligning your body in the proper position for treatment and making any devices that will be used during treatment (like a mold for your upper or lower body or a mask for your head). A CT scan will then be done with you in the chosen treatment position. This scan will create images and data that will be used to create your personalized radiation treatment plan. Radiation treatments usually begin approximately one week after your CT Simulation.

**All patients will have their CT Simulation at Arizona Blood and Cancer Specialists' Fort Lowell office.**

## What is a PET/CT?

PET imaging or a PET scan, is a type of **molecular imaging**. A small amount of radioactive material is used to diagnose or evaluate a patient's disease. It can pinpoint molecular activity which can find cancer at its earliest stage or show whether a patient is responding to treatment. The radiotracer most commonly used is F-18 fluorodeoxyglucose, or FDG, a molecule similar to glucose. Cancer cells are more metabolically active and may absorb glucose at a higher rate which can be seen on PET scans.



## Preparing for a PET/CT exam

The scanner room is cold, so you should dress warm and comfortable. Blankets and pillows will be provided for your comfort. You should avoid wearing clothing that has zippers or metal fastenings. If you forget, you will be asked to change into a gown. Please leave **ALL** jewelry at home. We can work around non-removable piercings, but please know this could limit imaging results for that area so we do recommend removing if possible.

If you are **NOT diabetic**, you should not have anything by mouth, except water, for 6 hours prior to your appointment, to limit the sugar level in your bloodstream. You can however take your prescribed medications, except for steroids, and you should also drink plenty of water. Please bring any pain medications with you for your comfort. If you have questions about the medications you can take, please call our office.

If you **ARE diabetic**, your blood glucose level (BGL) must be below 200 mg/dL. If above 200 mg/dL, please call and cancel your appointment. Do not reschedule until you have 2 consecutive days of BGL below 200 mg/dL. You may have to work with your primary care physician or endocrinologist to manage your BGL. We will notify your medical oncologist that your appointment has been canceled.

If your BGL is below 200 mg/dL, please take your normal oral diabetes medications and insulin/injections as indicated and eat a light low carb meal. This should all to be done 4 hours before your appointment. You should have nothing but water 4 hours prior to your appointment. Water is allowed and encouraged, so please drink when needed. You may also take any medications unrelated to diabetes prior to your appointment except for steroids. Please hold your steroids on the day of your appointment until your scan is complete.

The full appointment takes 1 ½–2 hours, but the actual scan time is less. If you are currently taking any pain medications, you should bring them with you to your appointment.

You should avoid any type of physical work 24 hours prior to your appointment, as stimulated muscles may affect your results. Examples may include but are not limited to gym workouts, long walks, cycling, heavy housework, manual labor, and even massages or yoga!

The FDG radiotracer is ordered specifically for you. You will need to call our office at 520-881-0631 before 2:00 pm on the day prior to the day of your exam if you need to cancel or reschedule your appointment. Our office will notify your medical oncologist.

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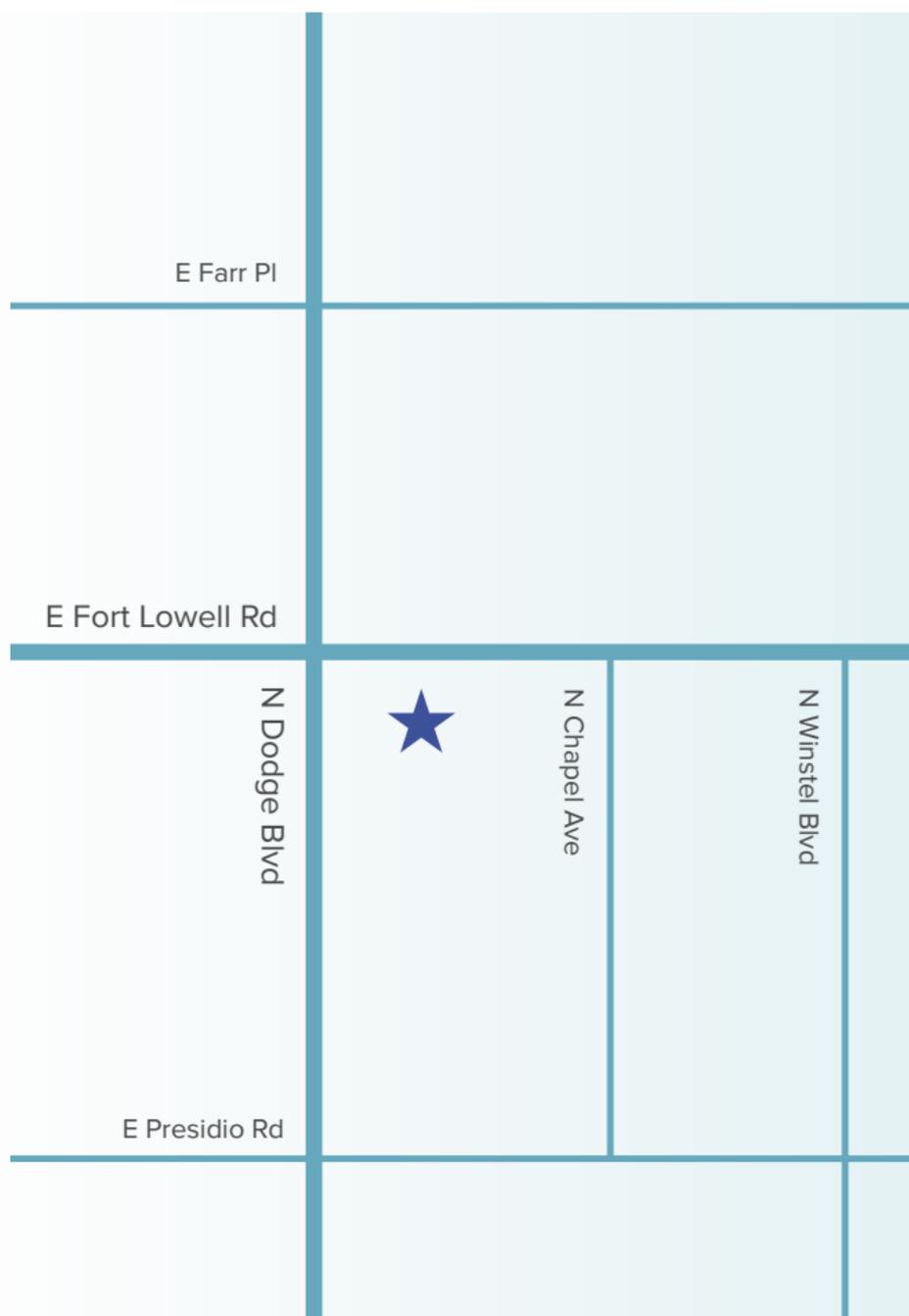
If you have a **port-a-cath or are diabetic** (have elevated blood sugar) for which you take medication to control your blood sugar, please let the scheduler know at the time your CT scan is being scheduled.

The radiology team also needs to know if you have had an adverse reaction to IV contrast or are allergic to iodine or shellfish. You may or may not receive IV and/or oral contrast as part of your exam. If you do, it will not interfere with your ability to drive yourself home.

If you are having a **CT Scan of the Head, Neck or Chest**, **DO NOT** eat or drink anything except water 2 hours prior to your appointment. You may take your usual medications and any necessary pain medications with a small sip of water. This applies to all patients (including those who are diabetic).

If you are having a **CT Scan of the Abdomen or Pelvis** and are **NOT diabetic, DO NOT** eat or drink anything except water 6 hours prior to your appointment. You may take your usual medications and any necessary pain medications. If you **ARE diabetic, DO NOT** eat or drink anything except water 2 hours prior to your appointment. You may take your usual medications and any necessary pain medications with a small sip of water.

## Arizona Blood and Cancer Specialists PET/CT & CT Sim Office Location



3700 E. Fort Lowell Road, #130 · Tucson, AZ 85716  
520-881-0631

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**Please call our office if you have any questions  
regarding your exam or medications.**



# ARIZONA BLOOD & CANCER SPECIALISTS™

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[ArizonaBloodAndCancerSpecialists.com](http://ArizonaBloodAndCancerSpecialists.com)  
800-201-7220

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 1-800-201-7220.

Arizona Blood and Cancer Specialists, PLLC bik'ehgo hójil' jnigíí bidadeeti' igíí Wááshindoon t'áá át' é bilá' ashda' ii bee bá ádahaazt' i' igíí bibee haz' áanii dóó doo ak' iji' nitsáhákees da díí ninahjí' al' áá dadine' é, dine' é bikágí át' ehígíí, binááhai' igíí, nazhniit' ago da, éí doodaii' asdzáni dóó diné át' ehígíí.

Díí baa akó nínizin: Díí saad bee yánilti' go Diné Bizaad, saad bee áká' ánída' áwo' d'èè', t'áá jiik' eh, éí ná hólò, kojí' hódíílnih. 1-800-201-7220.



Arizona Blood & Cancer Specialists is accredited by the ACR for imaging services.