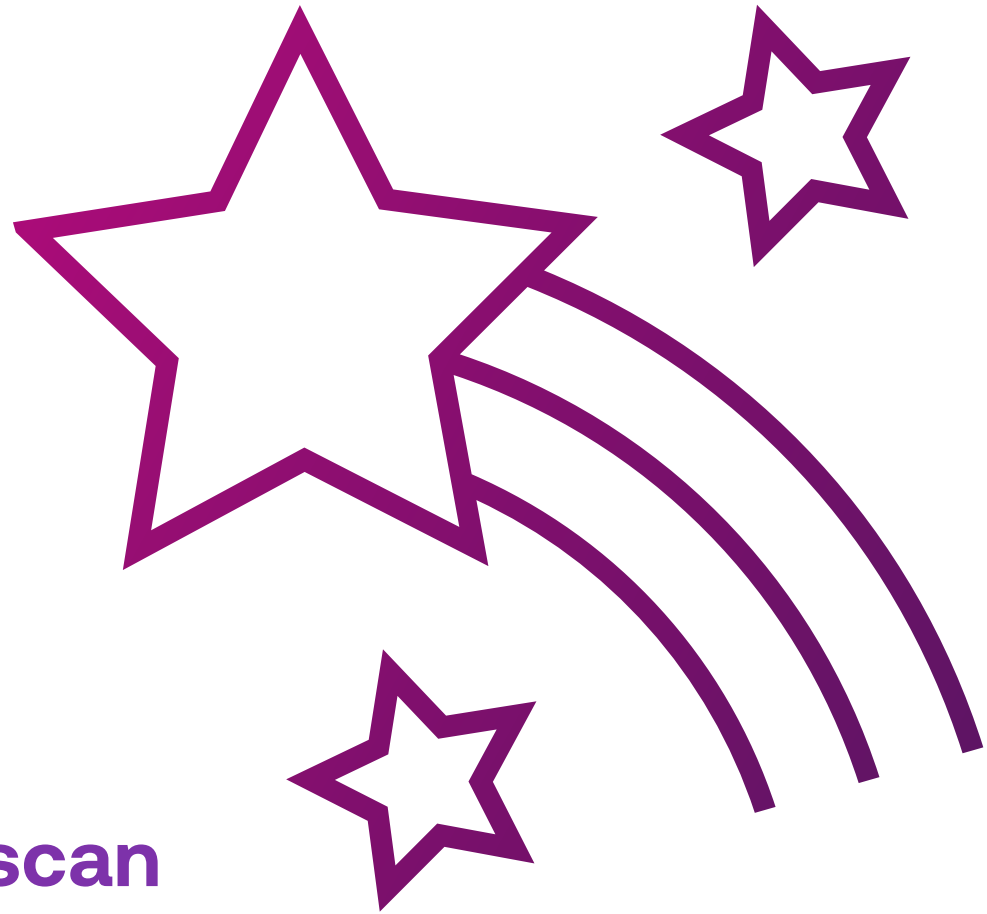


Time for pictures!

You're going to get a **PET scan** of your body. Here's what that's all about.



What is a PET scan?

A PET scan is a camera that looks like a big circle that takes pictures of the inside of your body. Getting a PET scan does not hurt. A technologist (also called a tech for short) will be helping you and taking your pictures during the scan.



Arriving at the hospital

When you come to the hospital for your PET scan, you and your caregiver will check in at the PET scan department. Both of you will get a bracelet to wear. The bracelet will have your name and birthday on it.



The process

The first step

The radiology tech is going to make sure you haven't had anything to eat today. It's OK to drink water!

The second step

The tech will need to make sure that you don't have too much sugar in your body. The tech will check the sugar in your body by checking your blood. The best way to check your blood sugar is with a finger poke.

These are the things you'll see for your finger poke. (If you already have an IV, we usually don't need to do the finger poke.)

The tech will clean your finger with a cold wet wipe. You'll feel a quick pinch and a squeeze on your finger. Your drop of blood will be placed onto a paper that is connected to a blood reading machine.



The third step

The tech will need to put a small medicine straw into your vein. The tech will do this by wrapping a blue, stretchy band called a tourniquet around your arm. This will help the tech see and feel your veins easier. Then, the tech will clean your skin with a cold wet wipe. You'll feel a pinch when the straw goes into your body.

The fourth step

Lastly, once the straw is in, it's now time to give you a sugar liquid called "radioisotope."

The radioisotope comes in a small box. Inside the box is a syringe. The syringe attaches to your IV medicine straw. The syringe is covered with a silver cap to protect the sugar liquid.

The liquid in the syringe is made just for you! The amount of sugar liquid you'll get depends on how much you weigh! The liquid doesn't hurt when it goes inside the IV straw. The radioisotope does not make you feel any different.



What now?

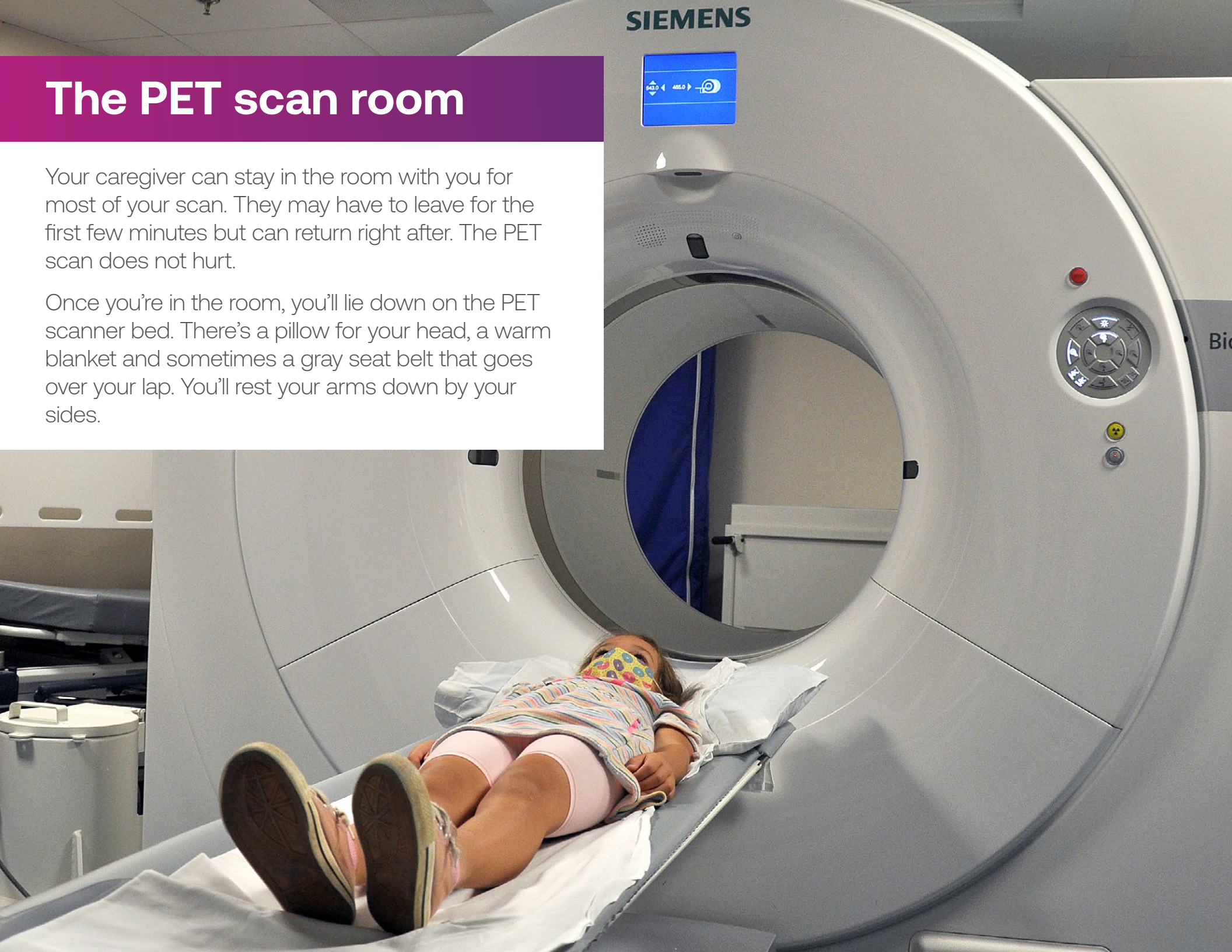
When these four steps are done, you'll stay in this room for one hour and let the sugar liquid get to the right places in your body. That's about the same amount of time it would take to watch two cartoons. While you are waiting, you can watch TV, use an iPad, color, play games or relax. After the one hour is up, the tech will have you use the bathroom. After you use the bathroom the tech will bring you into the PET scan room for your pictures.



The PET scan room

Your caregiver can stay in the room with you for most of your scan. They may have to leave for the first few minutes but can return right after. The PET scan does not hurt.

Once you're in the room, you'll lie down on the PET scanner bed. There's a pillow for your head, a warm blanket and sometimes a gray seat belt that goes over your lap. You'll rest your arms down by your sides.



Staying still

Your job is to hold your body still during the PET scan. Just like regular pictures, if you move the pictures will come out blurry. Can you practice holding your whole body as still as a statue?

Sometimes it's hard to hold still during the pictures. Here are a few ideas to help:

- Close your eyes and think of a song you can sing in your head.
- Close your eyes and imagine that you're at your favorite fun place. Who is with you? What is the weather like? What sounds do you hear around you?
- Use your imagination. Maybe you're in outer space or in a castle!



Getting your PET scan pictures

The PET scanner bed will move into the open circle and will begin moving slowly while it takes pictures of your body. It takes about 10 to 20 minutes to take the pictures. That's the same amount of time as watching one short cartoon. While you are getting your pictures taken, the tech will be behind a window. The tech can see you the whole time.

When the technologist is all done taking your pictures, he or she will come in and help you off the bed.



Our child life specialists are here to help

Child life specialists can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during a PET scan.



Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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GREAT JOB!

That's the end of your
PET scan! You're all done.

