



LIFE-DSR

PARTICIPANT GUIDE



Getting Ready for a PET Scan

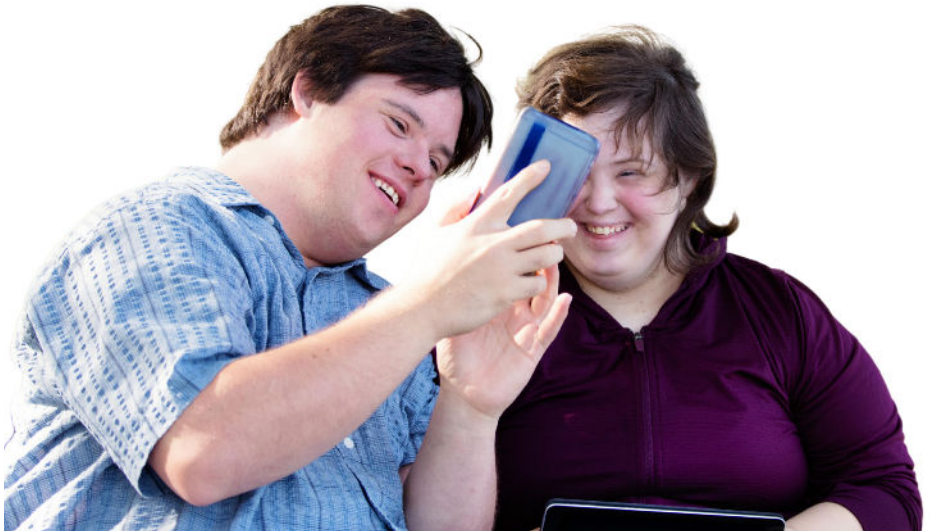


I have had my picture taken many times.

Sometimes with a regular camera.

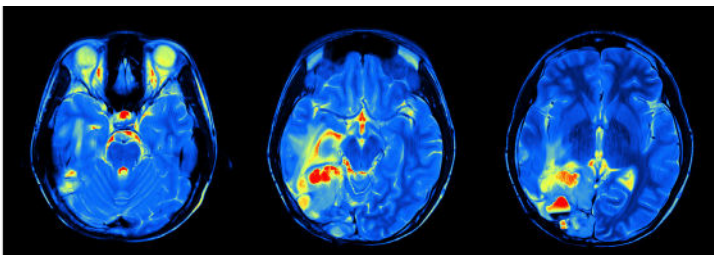


Sometimes with a phone camera!



I have probably even taken a “selfie” or two.

But having a picture taken of the inside of my brain is a new experience!



Having a PET scan means going to a special office in the hospital where they have the scanning machine.



When we go to the hospital, it might be a different place than I have been before.



The parking lot, hallways, and reception areas might look different than I am used to.



When we arrive at the hospital, I will check in to a new office and meet some new people.



I will meet a person called a “technician,” who will be my guide during the scan.



A nurse or a technician will ask me to change out of my clothes and into a hospital gown.

The hospital gowns are soft and pretty comfortable.

When I am ready, I will lie on a bed. The technician will ask me to hold my hand steady, so I can get my I.V.



An I.V. is a small, bendy straw that my technician will put into a vein on my arm.

I might feel a pinch when the I.V. is placed, but it will only last for a second.

The straw will be held in place with some sticky tape. I will be careful to hold still while the straw is being placed.



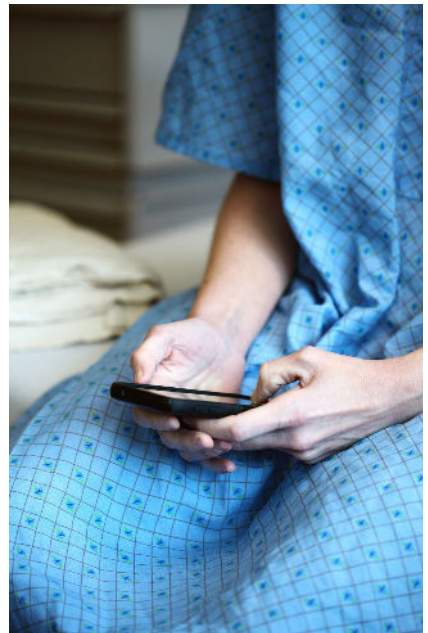
I will need to lie still in the bed for 30 - 40 minutes. I have to wait for the medicine they put in the straw to travel into my body.

I can set a timer to help me count down the time.



I might be allowed to watch something on my phone or tablet, as long as I can stay still and calm. No dancing!

When the medicine has traveled through my body, it will be time for the scan.



But first! An important step! Time to go to the bathroom!

It is important to visit the bathroom before my scan.



Now, it is time for me to meet the camera that is going to take pictures of my brain!

The PET scan machine is pretty big. Taller than most people, and round, with a hole in the middle, like a donut.

It doesn't look like a camera at all!



This machine has a tray with a bed for me to lie on.

The tray moves so that my head is in the right position for the pictures.

When it is time, my technician will help me sit on the tray bed. Then, I will be able to lie on the tray bed. They will help me lie down, and will buckle me in to keep me safe.



There might be pillows near my ears, or soft bands for my head. These will help me stay still while the pictures are taken.



When I am comfortable, the technician will slowly move the tray toward the donut hole, where the camera is.
The technician will make sure I am in the right position.



Then the technician will walk into the next room, where their computer is. They can still see me, and hear me, from there.

They will use their computer to instruct the camera.



The machine will make noise.
It might sound like buzzing or clicking.
The machine won't hurt or surprise me.



It is very important for me to stay relaxed while the pictures are being taken.
I should stay still like a statue. This will help the camera take good pictures.



When the machine is done taking pictures, the tray will move slowly out of the donut hole. I will stay lying down until all the pillows and bands are removed by the technician.

It is important to follow instructions so I stay safe.

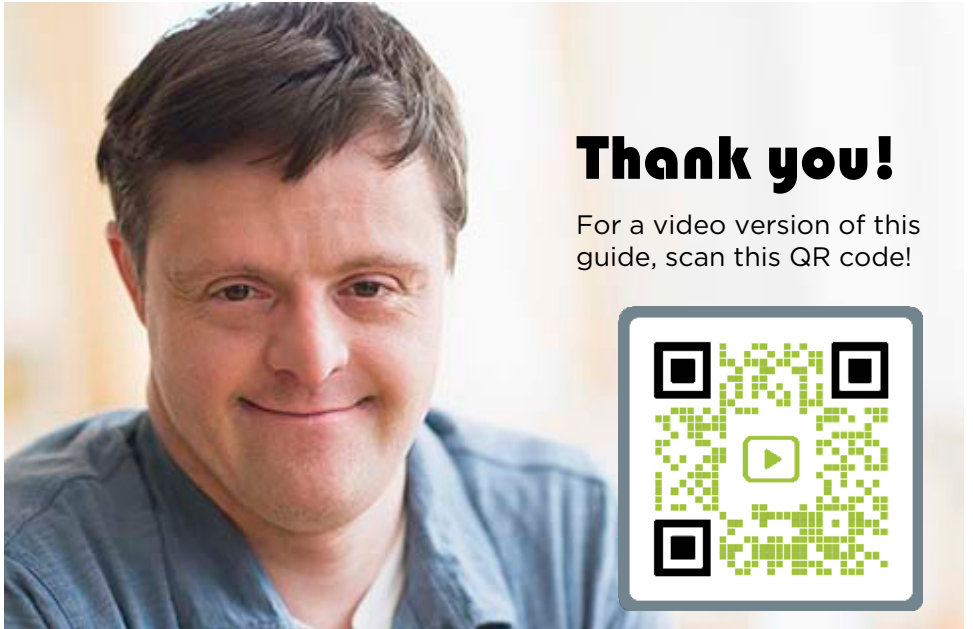


When my time with my PET scan is done, I can celebrate that I have done a good job! My team at my clinic will be very happy that I had this scan.



After the scan is over, I can put my own clothes back on, and go home.

I should remember to drink a lot of water when I get home. Drinking water is important after a scan!



Thank you!

For a video version of this guide, scan this QR code!