Sodium Fluoride F 18 Bone PET/CT Scan
Patient Instructions

What is a bone scan?
During a bone scan, the PET/CT system scans your entire skeletal system and produces high-resolution images of your bones. These images are used to detect areas of abnormal bone growth associated with tumors.

Patient Preparation
There is no preparation required prior to having a Sodium Fluoride F 18 (^{18}\text{F NaF}) bone PET/CT scan. You may continue to eat normally and drink plenty of liquids prior to and after the scan. If you are on any medications, you may continue to take them. Drink plenty of fluids before and after the injection of the tracer. You may be asked to remove jewelry or other metal objects.

As with most tests, tell your doctor if you're pregnant or think you might be pregnant. Bone scans aren't usually performed on pregnant women because of concerns about radiation exposure to the fetus.

What to Expect
An ^{18}\text{F NaF} bone PET/CT scan is fast, straightforward and painless. Before your scan, you will receive an intravenous injection containing a small amount of radiopharmaceutical and you will be asked to relax for 60 minutes in one of our patient waiting areas. During this time you may read a book or magazine and you may consume water or your favorite beverage.

After the waiting period, you will be asked to empty your bladder before your scan. The technologist will then position you on the bed of the scanner and you will move slowly through the PET/CT scanner. The scan will take approximately 30 minutes.

After the Test
Once inside the body, the radiopharmaceutical doesn't remain active for long. Drinking plenty of fluids will hasten the elimination from your body. You should feel no side effects after the procedure, and no aftercare is necessary.

A trained radiologist or nuclear medicine physician will review and interpret the images. The radiologist looks for evidence of abnormal bone metabolism on the scans. These show up as darker "hot spots" and lighter "cold spots" where the radiopharmaceutical has or hasn't accumulated. The results of the scan will be reported to your referring physicians, usually within 24 to 48 hours. Please contact your physician to discuss the results.