



How does PEM work?

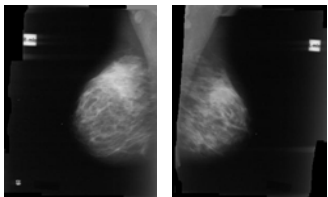
Like with a PET scan, you are given a radioactive tracer intravenously. This tracer allows the images to show metabolic function of the human body to reveal certain diseases such as cancer. However, unlike a whole body PET/CT, a PEM scanner is dedicated to visualize breasts. Therefore, PEM's high resolution can detect breast cancer as small as 1.5 to 2.0 mm.



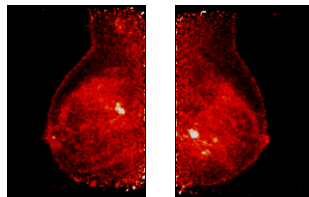
Benefits of Positron Emission Mammography (PEM)

- High diagnostic accuracy for breast lesions.
- Detect breast cancer as small as 1.5 – 2.0 mm.
- Detectability is not compromised by dense breast, fibrocystic breasts, or implants.
- No hard breast compression is needed.

If needed, a whole body PET/CT can be done at the same appointment time.



X-ray Mammogram



PEM Flex

Before the exam: PREPARATION!

For the highest quality scan, the following preparation **MUST** be followed carefully. Preparations are the same for all exams.

- Do not eat or drink anything **EXCEPT** water 6 hours before your appointment. Do not chew gum or take a breath mint.
- You may take all prescribed medications unless instructed otherwise.
- Drink as much water as you like; 4-6 glasses are recommended. **WATER ONLY.**
- Refrain from strenuous exercise 24 hours prior to your scan.
- Wear comfortable clothing with no zippers or snaps. Gowns are available if needed.
- If you are diabetic, inform the PET scheduling office at the time you make your appointment. Special instructions will be provided.
- There is no additional preparation needed if a diagnostic CT with contrast is performed.
- There are no side effects from the PET scan. You may resume normal activity after the exam.

On Exam Day: WHAT TO EXPECT

Your paperwork will be processed upon your arrival. You will receive an intravenous injection of a radioactive tracer and relax comfortably in a recliner for 60 minutes, allowing this tracer to distribute throughout your body. The tracer will not make you feel any different. The technologist will then escort you into the scanning room.

Positron Emission Mammography (PEM)

- You will sit in a comfortable chair in front of the scanner.
- Your breast(s) are positioned between two scanner plates.
- There is no need for compression (like a mammogram); however, the plates are positioned close enough to assure stability.
- Scan times will vary, 8 to 10 minutes per view taking approximately 30 to 60 minutes.
- Your PEM exam may be done along with a whole body PET/CT scan. You will not have to be injected with the tracer again. The PET/CT scan may be performed before or after the PEM exam.

PET/CT Exam

- You will lie on a comfortable padded table.
- The table will move slowly through the scanner as it acquires the images.
- It is very important that you hold still during the 25-35 minutes of scan time.

About NCPIC

Northern California PET Imaging Center (NCPIC) is a not-for-profit, community benefit organization committed to providing the most advanced level of PET and PET-related imaging services. Sponsored by Sutter Medical Center, Sacramento and Mercy Healthcare Sacramento, NCPIC opened in 1992 and continues to be recognized as a premier PET Center in the country.



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