

The Day of Your PEM Scan

- For 6 hours before the PEM scan, do not eat or drink anything with calories.
- Do not chew gum or use cough drops.
- Drink at least eight (8) ounces of water prior to leaving home.
- The day before the scan your diet should be high in protein and low in carbohydrates. **For example:**
 - Breakfast: eggs, bacon, sausage
 - Dinner: steak, baked chicken, fish, cheese, asparagus, broccoli, mushrooms.
- Avoid foods high in carbohydrates: bread, rice, potatoes, crackers, cereal, fruit (oranges, bananas, pears, apples.)
- Avoid foods high in sugar: cake, cookies, candy.
- If you have diabetes, discuss this with your physician and call the center staff 48 hours before your scheduled PEM scan.
- Continue to take any medication prescribed by your physician except those for diabetes. Call the center for specific instruction about diabetes medications.
- If you have been advised to take medications with food, eat nothing more than a few saltine crackers four (4) to eight (8) hours prior to your exam.
- Avoid caffeine, sugar, tobacco and heavy exercise for 24 hours prior to your exam.
- Generally, PEM scans are not performed on pregnant women. If you are, or think you may be pregnant, discuss this with your physician.

What to Bring and Wear to Your Appointment

Please bring with you:

- Insurance cards
- Previous mammograms or other relevant breast studies
- Medical history and a list of current medications
- Pathology reports
- Wear warm, comfortable clothes; the PEM room is cool
- Avoid clothes with heavy buckles or metal components

PEM scan is very time-sensitive, so it is important for you to follow these instructions, eating timelines and to arrive on time for your appointment to help provide an accurate scan.

Your Financial Responsibility

Most insurance companies and Medicare cover PEM scans. Our staff will verify your insurance coverage. You may be required to pay a co-payment or deductible. Our staff will discuss your financial responsibility with you prior to the PEM scan and answer any questions you may have.

Thank You for Choosing Baylor

We appreciate the trust you have placed in Darlene G. Cass Women's Imaging Center. Your PEM scan at Baylor Dallas is a vital tool in determining your breast health care. Again, please let us know if you have questions or if there is anything we can do to make you more comfortable.

Darlene G. Cass Women's Imaging Center provides breast health diagnostic procedures such as: screening and diagnostic mammography, breast magnetic resonance imaging (MRI), stereotactic biopsy, ultrasound and ultrasound-guided biopsy. Bone density screening and evaluations are also provided.

Patient Scheduling: 214.820.2430
Scheduling Hours: Monday – Friday, 8 am – 5 pm
Office Hours: Monday – Friday, 8 am – 5 pm
Two Saturdays a month, 8 am – Noon

For a physician referral or for more information about services offered at Baylor University Medical Center at Dallas Darlene G. Cass Women's Imaging Center, call **214.820.2430** or visit us online at **BaylorHealth.com/DallasBreastImaging.**



Baylor Medical Pavilion
3900 Junius Street, Suite 200
Dallas, Texas 75246

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ABOUT YOUR PEM SCAN

Answers to common questions about the procedure and what you can expect



BaylorHealth.com/DallasBreastImaging

Baylor University Medical Center at Dallas Darlene G. Cass Women's Imaging Center

Baylor Medical Pavilion
3900 Junius Street, Suite 200
Dallas, Texas 75246

Darlene G. Cass Women's Imaging Center at Junius is conveniently located on the second floor in Suite 200 of the Baylor Medical Pavilion, located at the intersection of Washington Avenue and Junius Street.

Patients and visitors may park in the attached parking garage or valet at the main entrance, both accessible from Junius Street.

Parking Costs: Garage \$4.00, valet \$5.00

Appointment Date: _____

Appointment Time: _____

Please arrive 30 minutes prior to your appointment time.

For questions or to reschedule your appointment call 214.820.2430.

Your PEM Scan at Baylor Dallas

Your doctor has scheduled you to have a Positron Emission Mammography (PEM) scan at Baylor University Medical Center at Dallas Darlene G. Cass Women's Imaging Center. We are dedicated to providing quality care for our patients. Advanced imaging technologies - such as the PEM scan - can help provide information about subtle changes in breast tissue.

Understandably, you may feel nervous about this procedure, as well as the results. Our goal is to help you relax as much as possible before, during and after the procedure. Thus, we have a spacious waiting room and private patient preparation areas that are equipped with televisions and designed with your comfort in mind.

Please let us know if you have any questions or concerns. We may be reached at 214.820.2430.

What Is A PEM Scan?

A positron emission mammography (PEM) scan is a highly advanced medical imaging tool. This is a relatively new, advanced application of positron emission tomography (PET) scanning but is specific to the breast. It includes both normal and abnormal metabolic activity, as well as the anatomic details of the area where the normal and abnormal activity is taking place.

A PEM scan is most often used to detect and localize breast cancer and determine the extent of the spread of cancer and its response to therapy. This information can help your doctor better understand what is occurring with your breast and discuss with you the most effective treatment options.

Preparation for a PEM Scan

- A PEM scan is a non-invasive procedure which can be performed in about 60 minutes. Afterward, you may drive and resume your other normal activities.
- About an hour before the scan, a nurse or technologist will take a drop of blood from your finger to test your blood sugar level. If it is within the acceptable range, a small amount of radioactive sugar, called fludeoxyglucose (FDG), will be injected into your arm. If your blood sugar is not within the acceptable range, your PEM scan will need to be rescheduled.
- In preparation for the scan you will be moved to a quiet room for approximately one hour, to allow the FDG to circulate throughout your body. During this time you can knit, read, and use your headphones.

What Happens During a PEM Scan?

- After preparation, you will then be seated in the PEM chair and your breast will be positioned in the PEM scanner. *(See photo to the left).*
- The breast is gently positioned between two (2) plates; each breast will be scanned in two imaging views *(as done for your routine mammogram).*
- The technologist will scan each breast separately for about 10 minutes. The PEM procedure will be complete 60 to 120 minutes after the FDG injection.
- It's very important that you do not move or adjust your position during this scanning process.
- When the PEM procedure is complete, the scanner will send the information to a computer that displays the PEM images.
- A radiologist who specializes in interpreting PEM images will review the information and provide a detailed report to your physician.
- The PEM results will be provided to you by the physician who referred you for diagnostic testing.

Risks

The risks associated with PEM scanning are minimal. The radioactive sugar compound, which is commonly called FDG, is short-lived and leaves your body quickly. The radiation exposure associated with a PEM scan is similar to that associated with conventional imaging exams.

You may be worried about the amount of radiation you receive during a medical procedure using radiation. However, people are exposed to radiation every day of their lives from both natural (sun, earth, etc.) and manmade sources (medical procedures, power plants, etc.).

The amount of radiation from this Positron Emission Mammography (PEM) procedure is well below the levels that are thought to result in a significant risk of harmful effects.

The amount of radiation exposure you will receive from this procedure is estimated to be about what you would receive from background radiation sources while living on the earth for about 1.9 years and is within diagnostically acceptable limits. This is significantly less than what a radiation worker can be exposed to in one year and represents a minimal risk of cancer caused by the radiation in the future.

The Day Before Your PEM Scan

Do's

- If you have diabetes or have other problems with your blood sugar, please call our office to discuss special instructions, at 214.820.2430.
- Drink at least eight (8) glasses of water the day before your scan, unless you are on fluid restriction. It is important that you stay hydrated prior to the procedure.
- Follow the **special diet** as noted below.

Special Diet

The quality of a PEM scan may be improved if you eat a low-carbohydrate diet for at least 24 hours prior to the appointment.

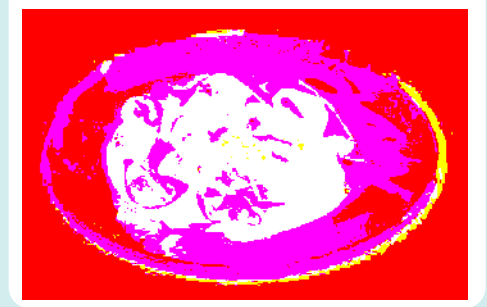
You may enjoy a variety of proteins and vegetables, such as:

- Beef
- Chicken or fish without breading
- Eggs, cheese and milk
- Pork, including bacon or ham
- Tofu
- Most salad dressings *(check label for those under 5 grams of carbohydrates per serving)*
- Non-starchy vegetables, such as lettuce, tomatoes, peppers, green beans, broccoli, cauliflower, asparagus, mushrooms, peas, greens, spinach

High-protein, Low-carbohydrate Foods

Example Breakfast

- Bacon or sausage
- Black decaffeinated coffee (no sugar)
- Two eggs, any style



Example Lunch and Dinner

- Asparagus, broccoli, or any other green vegetable
- Steak, chicken or salmon (grilled, baked or broiled)
- A slice or two of cheese
- Water or diet soda (non-caffeinated)

Dont's

- Do not eat anything after midnight on the night prior to your PEM scan, unless you are instructed otherwise.
- Avoid all beverages with caffeine and/or sugar.
- Avoid strenuous exercise or physical activity for 24 hours prior to the appointment.

Avoid sugars and carbohydrates, such as:

- Alcoholic beverages, beer and wine
- Breads, rolls and cakes
- Cereal and oatmeal
- Chips, crackers and popcorn
- Coffee
- Desserts and candy
- Fruit and fruit juice
- Jelly
- Pasta
- Pizza dough and breading on fried foods
- Potatoes, corn, onions and carrots
- Rice
- Soft drinks
- Tortillas
- Yogurt

