

# **PET (Positron Emission Tomography) Scan**

A PET scan is a test that shows:

- Blood flow to a part of your body
- How your tissues are using nutrients such as oxygen
- If your cells are normal

A small amount of radioactive solution is put in a vein in your arm. This solution allows pictures to be taken of the part of your body that is to be checked. The solution leaves your body after a few days.

**If you have any allergies to medicines, foods or other things, tell the staff before the test.**

**If you are breastfeeding, pregnant or think you might be, tell the staff before the test.**

**Arrive on time for your test.** Plan to be here about 3 hours. The test takes 45-90 minutes.

## **To Prepare**

- Do not eat or drink anything, including water, for 5 hours before the test.
- Take your medicines with sips of water only.
- If you have diabetes, talk to your doctor about how to manage your blood sugar the day of your test. If you take insulin, bring it with you.

# Sawirka PET (Positron Emission Tomography)

Sawirka PET waa baaritaan muujinaya:

- Socodka dhiiggu uu u soconayo qayb jidhkaaga ka mid ah
- Sida unugyadaadu ay u isticmaalayaan nafaqooyinka sida ogsijiinta
- Haddii ay unugyadaadu caadi yihiin

Xaddi yar oo milan shucaac ah ayaa lagu shubayaa xididka gacantaada. Milankaan wuxuu sawirrada u oggolaanayaa in laga qaado qayb ka mid ah jidhkaaga oo ay tahay in la hubiyo. Milanku wuxuu jidhkaaga ka baxayaa dhowr maalmood ka dib.

**Haddii aad wax xajiin ah aad ka qaaddid daawooyinka, cuntooyinka ama waxyaabo kale, shaqaalaha u sheeg baaritaanka ka hor.**

**Haddii aad naas nuujiso, uur leedahay ama ay kula tahay in aad yeelanayso, shaqaalaha u sheeg baaritaanka ka hor.**

**Baaritaanka waqtiga ugu imow.** Qorsheyso in aad halkaan joogi doonto ilaa 3 saacadood. Baaritaanku wuxuu qaadanayaa 45-90 daqiiqadood.

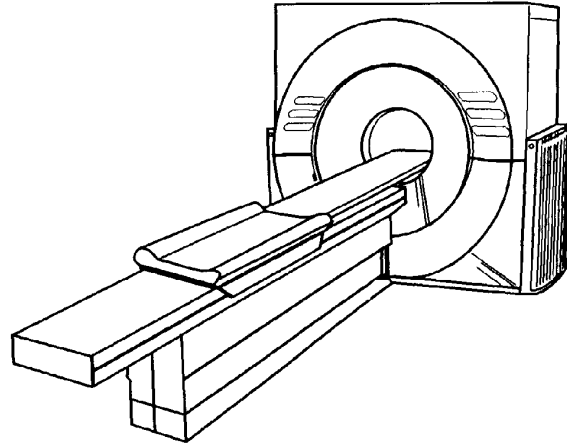
## **Si aad isugu Diyaariso**

- Waxna ha soo cabbin ama ha soo cunin, marka lagu daro biyo, 5 saacadood oo baaritaanka ka horreysa.
- Daawooyinkaaga ku qaado kabbashooyin biyo ah oo keliya.
- Haddii aad sonkorow qabtid, takhtarkaaga kala hadal sida loo maareynayo sonkorta dhiiggaaga maalinta baaritaanka. Haddii aad qaadatid insulin, horey u soo qaado.

- If your doctor has ordered medicine for pain, anxiety, or claustrophobia that you need to take during your test, bring it with you. You will also need to have someone with you to take you home after the test.
- You may bring tapes or CDs to listen to during the test.

### **During the Test**

- You are asked to go to the toilet and empty your bladder before the test begins.
- An IV (intravenous) is put in a vein in your arm.
- The solution is given in your IV.
- You need to lie still for up to 1 hour while the solution moves in your blood.
- As you lie flat and still on your back, the table moves you to different positions. The scanner takes pictures of your body. This takes 45-90 minutes. You may listen to music or just rest.



### **After the Test**

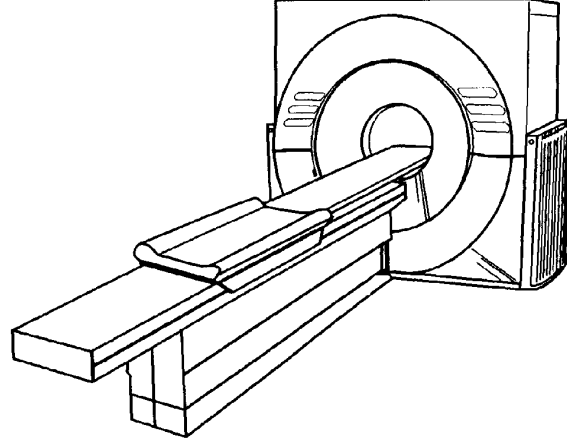
- Drink 8-10 glasses of liquids to remove the solution from your body.
- Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**

- Haddii uu takhtarkaagu daawo loogu talagalay xanuunka, wel welka, ama cabsida meesha lagugu baarayo oo aad u baahan tahay in aad qaadato waqtiga baaritaanka, horey u soo qaado. Waxaad sidoo kale u baahan doontaa in aad qof soo kaxaysato guriga kugu celiya baaritaanka ka dib.
- Waxaad soo qaadan kartaa cajalado ama CD-yo si aad u dheysato waqtiga baaritaanka.

### **Waqtiga Baaritaanka**

- Waxaa lagu weydiisan doonaa in aad musqusha gasho aadna kaadida ka soo dhamayso kaadi haystaada ka hor inta uusan baaritaanku billaaban.
- IV (xidid gale) ayaa xididka gacanta lagaa gelin doonaa.
- Milan ayaa IV-ga lagaa siin doonaa.
- Waxaa laga yaabaa in aad jiipto ilaa iyo 1 saac inta milanku uu dhiigga ka raacayo.
- Inta aad jiipto oo aad weli dhabarka u jiipto, miis ayaa ku dhaqaajinaya boos kale. Sawiraha ayaa sawir ka qaadaya jidhkaaga. Tani waxay qaadanaysaa 45-90 daqiiqadood. Waxaad dhegeysan kartaa muusiko ama waad iska nasan kartaa.



### **Baaritaanka ka Dib**

- Cab 8-10 koob oo cabitaan ah si aad jidhkaaga milanka uga saarto.
- Natiijooyinka baaritaanka waxaa loo soo dirayaa takhtarkaaga. Takhtarkaagu isaga ayaa kula socodsiin doonaa natiijooyinka.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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