

# PET PSMA SCAN PREPARATION SHEET

A PET PSMA scan is an advanced imaging test used to detect and evaluate prostate cancer.

PET stands for Positron Emission Tomography. PSMA stands for Prostate-Specific Membrane Antigen, a protein found in high amounts on most prostate cancer cells. During the test, a small amount of a radioactive tracer designed to attach to PSMA is injected into a vein. Because prostate cancer cells have high levels of PSMA, the tracer binds to them. The PET scanner then detects the radiation emitted by the tracer and creates detailed images that highlight areas of cancer anywhere in the body.

## HOW TO PREPARE

### The day before your scan

- Drink plenty of water throughout the day.
- Eat normally. Fasting is not required.
- Take your regular medications unless your oncology team instructs otherwise.
- Avoid strenuous exercise.
- Do not smoke or vape.

### The day of your scan

- Wear comfortable clothes. The scanning room may feel cool.
- Do not wear any metal (including underwire bras, jewelry, and piercings).
- Drink water before arriving for your appointment.
- Bring a list of all medications, including prostate cancer treatments.
- Arrive 15 minutes before your scheduled appointment. The tracer is prepared specifically for you.

## WHAT TO EXPECT DURING YOUR VISIT

### Step 1 Check-in

- Staff will review your medical history.
- You will be asked about recent hormone therapy, chemotherapy, or radiation.
- You will be asked about recent surgeries, biopsies, or infections.

### Step 2 Tracer injection

- A small IV will be placed.
- The PSMA tracer will be injected through the IV.
- You will rest quietly for 60 minutes while the tracer circulates.

### Step 3 Imaging scan

- You will lie still on the scanning table.
- You will need to remain still to help produce clear images.
- The scan typically takes 20 to 30 minutes.



## INFORMATION YOU SHOULD SHARE WITH OUR CLINICAL TEAM

- Current prostate cancer treatments or medications.
- Recent medical procedures or infections.
- If it is difficult for you to lay flat or remain still.
- Any new or worsening symptoms.

### After the Scan

- You may return to normal activities.
- Continue drinking water for the rest of the day.
- A radiologist will review your images and send results to your ordering provider.
- Suggestion: Return to normal activities, unless your oncology team instructs otherwise.

### Safety Information

- The tracer leaves your body naturally within a short time.
- Side effects and allergic reactions are very rare.
- This exam does not use CT contrast with iodine.

**To reschedule or cancel your appointment, please call 855-327-6003. A technologist will contact you 1-2 days before your scan to confirm your appointment.**