

# Prepare for a Low Dose Lung Cancer Screening

Lung cancer screening is a process that's used to detect the presence of lung cancer in otherwise healthy people with a high risk of lung cancer. Lung cancer screening is recommended for older adults who are longtime smokers and who don't have any signs or symptoms of lung cancer.

## Patient Safety Tips Prior to a Diagnostic Exam in Radiology

---

- Please let us know if you have any allergies or adverse reactions to medications.
- Please leave your valuables at home or in your room in the hospital.
- Please let us know if you need interpreting services, this can be arranged for you.
- Late arrival policy: If you are more than 15 minutes late for your appointment there is a possibility you may not be seen possibly rescheduled for your examination. Being seen for your appointment will be left to the discretion of your provider based on the nature of your concern and the schedule of the provider.

## During the Exam

---

- The technologist will verify your identification and exam requested.
- You will be asked to remove any metal from the area of the scan.
- You will lie on the table with your arms above your head (if possible)
- You will hold your breath 2 times for about 15 seconds.

## After the procedure

- You can return to your normal routine.

## Results

- Your provider will give you the results usually within a few days.

## Screening Criteria

The most recent version of the American Cancer Society (ACS) lung cancer screening guideline [from 2018] is being taken down while we review new scientific evidence to be included in the next update. While this important update is being completed, the ACS advises that health care providers, and people at increased risk for lung cancer, follow the recently updated recommendations for annual lung cancer screening from the US Preventive Services Task Force (USPSTF), the American Academy of Family Physicians (AAFP), or the American College of Chest Physicians.

These organizations recommend yearly lung cancer screening with LDCT scans for people who:

- Are 50 to 80 years old and in fairly good health,  
and
- Currently smoke or have quit in the past 15 years,  
and
- Have at least a 20 pack-year smoking history. (This is the number of packs of cigarettes per day multiplied by the number of years smoked. For example, someone who smoked 2 packs a day for 10 years [ $2 \times 10 = 20$ ] has 20 pack-years of smoking, as does a person who smoked 1 pack a day for 20 years [ $1 \times 20 = 20$ ].)