

PET/CT FDG Tumor Imaging Preparation Sheet

24 hours prior to your scan:

- Keep a Low-carb, high protein diet. Nothing sweet and nothing starchy. NO bread, NO pasta, NO rice, NO potatoes, NO fruits and NO sugar. Do not drink alcoholic beverages either.
- Eat proteins like meat, chicken, fish, etc. You can also eat vegetables, eggs, salads (use only oil and vinegar for dressing) and cheese.
- Drink plenty of water right up to your appointment time.
- Avoid **excessive** exercise the day before and the day of your scan.

6 hours prior to your scan:

- Do not eat or drink anything but water.
- Do not consume gum, candy, cough drops or mints.
- Continue to take all medications as normal, except for insulin.
- Diabetic patients must stop the use of insulin 6 hours prior to the exam. All other diabetes medication should be taken as prescribed.
- Bring any prescribed anxiety medication to the exam and let the technologist know.
- Wear comfortable, warm clothing with no metal. No zippers, snaps or metal buttons.
- A sports bra is recommended for the ladies. No under-wired bra, if possible.
- Remove all jewelry. No earrings, necklaces, watches, rings or piercings.

Special Instructions:

Please call the Radiology Department and ask to speak with a Technologist for any of the following scenarios:

- Patient weighs over 350 pounds.
- Patient is in a wheelchair or stretcher and cannot stand without support.
- Patient foresees being around pregnant women or small children during the 24-hour period after the scan.
- Patient is scheduled to wear a "**Neulasta On-Body Injector**", at time of scan

General Information:

- A **PET/CT scan** effectively looks at the metabolic activity of your cells. It can identify where cancer is, the extent of it and if it is responding to treatment.
- You will receive an injection of a sugar-based radiopharmaceutical, which is completely safe and has no side effects. It is not a contrast and does not contain iodine.
- It takes 1 hour for the radiopharmaceutical to be absorbed, so you will be relaxing in a quiet area during that time. You will then be asked to empty your bladder and the picture acquisition will begin immediately afterwards.
- It takes approximately 30 minutes for all the PET/CT pictures to be acquired. The entire process takes approximately 2 hours, so please plan accordingly.
- For Diabetic patients, the glucose reading at the time of injection must be at **200mg/dl** or below, to guarantee the accuracy of the PET scan.