

	Radiology Department
PET/CT FDG Brain Imaging Preparation Sheet	March 2025 Rev12

PET/CT FDG Brain Imaging Preparation Sheet

24 hours before 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 green vegetables, eggs, salads (use only oil and vinegar for dressing), and cheese.
- Drink plenty of **plain water** right up to your appointment time.
- Avoid exercise the day before and the day of your scan to avoid muscle uptake.
- **Do not smoke / vape or consume alcohol for 24 hours before the scan.**

6 hours before your scan:

- Do not eat or drink anything but **plain water**. No coffee.
- Do not consume gum, candy, cough drops, or mints.
- Continue to take all medications as normal, except for insulin and oral diabetic medications.
- Diabetic patients must stop the use of insulin 6 hours prior to the exam. **All oral diabetic medications** should be stopped the day of the exam and should not be taken until after the exam is completed.
- Insulin pumps need to be turned off 6 hrs. prior to injection time.
- 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.
- Remove all jewelry. No earrings, necklaces, or piercings.

Special Instructions:

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

- The patient weighs over **350** pounds.
- The patient is in a wheelchair or stretcher and cannot stand without support.
- The patient foresees being around pregnant women or small children during the 24 hours after the scan.
- The patient is scheduled to wear a “**Glucose Monitoring Device**” or a “**Neulasta On-Body Injector**” at the scan time.

General Information:

- A **PET/CT scan** effectively looks at the metabolic activity of your cells. It can identify where cancer is, its extent, and if it is responding to treatment.
- You will receive an injection of a sugar-based radiopharmaceutical, which is entirely safe and has no side effects. It is not contrast and does not contain iodine.
- It takes 1 hour for the radiopharmaceutical to be absorbed so that you will relax in a quiet area. You will then be asked to empty your bladder, and the picture acquisition will begin immediately afterward.
- It takes approximately 30 minutes for all the PET/CT pictures to be acquired. The entire process takes about 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.