



APPOINTMENT SCHEDULED FOR () ___/___/____@___:_____

PATIENT INSTRUCTIONS FOR PET/CT IMAGING

Diet: Non-diabetic patients AVOID sweets (desserts/candy sodas). Limit carbohydrates (bread, pasta, potatoes, and tortillas) the day before your exam.

Fasting: For morning appointments scheduled between 7:00 -10:30 a.m. do not eat anything after midnight. For afternoon appointments scheduled between 12:00 - 4:30 p.m., you may eat only proteins (EGGS/ STEAK/CHICKEN (NO SKIN) with vegetable/olive oil, salt and pepper **3** hours prior to your PET/CT scan. **No coffee, juice, fruit, bread items, sugar, vegetables, bacon/sausage, cheese or caffeine are allowed.**

Medications: You may take your prescription medications with water only. **NO** antacids (Rolaids/Tums), multi-vitamins, cough drops or elixirs (cough syrup) gum, mints, or candy the day of your exam.

Diabetics: AVOID sweets (desserts/candy) the day before your exam unless there is the possibility that your blood sugar might drop too low. Your blood sugar should be close to **100** mg/dl before we begin the study. If your glucose level is too high we will have to reschedule. Take your diabetes medication at least 3 hours prior to your exam time. You may only eat **EGGS/STEAK** with your medication. Please call if you have any questions regarding your diabetes medications. Bring your medications with you as well as a snack if you wish to eat after the study.

Exercise: You should not perform any strenuous exercise the day before or the day of the study. **(example: cutting down trees/mopping floors, etc)**

Prior Imaging Studies: We will arrange to have your prior imaging studies sent to us (e.g. CT scans, bone scans, x-rays, MRI scans, etc.) so that we can compare these to your PET/CT scan. Contact us if you have had any recent studies your doctor is not aware of so that we may obtain these studies prior to your exam.

Appointment: Please be on time for your appointment. The injection that we give you has a very short shelf life and is very expensive. **Please notify us**

once you receive this letter so that we may order the appropriate dose for your exam, ask for Cindy or Laura. If you need to reschedule please call us 24 hours in advance so that we may cancel your dose. If you need transportation for your appointment please notify us and we will arrange for a taxi to pick you up and take you home at our expense.

Sedation: If you have trouble lying still or if you think you may become anxious we can give you oral sedation to relax you. Please arrange for a ride home if you think you might need sedation or inform us so that we may arrange transportation. Even if we arrange for transportation you will still need to have someone to accompany you for the examination if sedation is required.

Clothing: Wear loose warm clothing and no jewelry. We recommend that women wear a two-piece outfit.

Children: Children are not allowed to accompany you on the day of your exam.

What to Expect: An IV will be placed in your vein so that we can administer an injection of F-18 FDG (fluorodeoxyglucose) which is a sugar-based solution with a short-lived radioactive isotope. Following this injection, you will wait 45 to 60 minutes to allow the isotope to be distributed throughout your body. FDG is taken up by all the cells in the body. However, more abnormally active cells (e.g. tumors) take up a greater percentage of the FDG than normally active cells. These cells present as "hot spots" on the images. After the 45 to 60 minute wait period you will be escorted to the PET/CT scanner for imaging. You will be lying still on the scanner table for 30-45 minutes. Melanoma patients will be lying still on the scanner table for approximately 1 hour.

Post Procedure Instructions: Following the study you may eat and resume your normal activities/diet. Fluid is encouraged to promote excretion of the FDG. Because there is a minimal amount of radiation remaining in your body for 6-8 hours following the exam it is recommended that you avoid close contact with children and pregnant women.