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PATIENT INSTRUCTION SHEET FOR PET/CT

A PET/CT is a specialized exam combining PET (Positron Emission Tomography) and CT (Computed Tomography) to assess the metabolic activity of cells throughout your body and provide anatomic localization, respectively. To optimize the pictures derived from your test and hence the interpretation, please review the following information and adhere to the instructions to get the best exam possible.

PREPARATION PRIOR TO PET/CT:

NOTIFY our staff prior to PET/CT if you are or may be pregnant, or are currently breast feeding.

NOTHING to eat or drink (except water) for at least 4 hours prior to exam. No caffeine, alcohol, gum chewing, mints, candy or cough drops within 24 hours of exam. You may take medication with water.

STAY HYDRATED. Drink at least 6 to 9 glasses of water the day before your test and continue to drink up until the exam.

LOW SUGAR/CARBOHYDRATE, HIGH PROTEIN DIET 24 hour prior to exam.

- Foods to **AVOID**: milk, nondairy milk drinks, peas, corn, rice, potatoes, beans, fruit, fruit juices, soda, ALL cereals, grains, pastas, breads (any food containing >5 grams carbohydrates per serving).
- Foods you **MAY EAT**: all meats, fish, eggs, cheese, non-starchy vegetables (green beans, broccoli, spinach, zucchini, lettuce), diet sodas, margarine, butter (any food containing <5 grams carbohydrates per serving).

AVOID strenuous exercise, work, cleaning, etc. for 24 hours prior to your exam.

WEAR WARM, COMFORTABLE clothing, (even in summer months).

DO NOT bring children or pregnant women with you, (due to the radioactive material injected).

DIABETIC patients: Fast 2 HOURS day of exam. **DO NOT TAKE INSULIN WITHIN 4 hours** of your exam. Consult with your physician if there are any concerns. Patients with blood glucose of >200 mg/DL may be rescheduled.

CLAUSTROPHOBIC patients: if you think you may be claustrophobic, feel free to schedule a time to come and look at our machine. You may ask your physician to prescribe a single dose of relaxant to take the day of your exam if necessary. In these cases please arrange to have someone provide you with transportation home after the exam.

PLEASE ALLOW 3 hours for your visit.

PROCEDURE:

- You may be asked to drink oral contrast material.
- An IV line will be inserted
- Blood glucose level will be checked
- A small amount of radiopharmaceutical, 18FDG (radioactive sugar) will be injected via your IV.
- You will rest comfortably in a quiet room for approximately 60 minutes.
- Imaging will take approximately 30-45 minutes. It is very important that you remain as still as possible during the exam.

AFTER YOU PET/CT EXAM:

- Your IV will be removed and you will be asked to empty your bladder prior to leaving our office.
- You may resume normal activities.
- Drink plenty of fluids to help flush the radiotracer and contrast (if applicable) from your body.
- Special instructions will be given for those breast feeding, caregivers of small children and those planning to travel.
- Your exam will be interpreted by a board certified radiologist and report will be sent to your physician, who will discuss the results with you.

If you have any additional questions or concerns regarding your PET/CT exam, please contact Great Lakes Medical Imaging at (716) 836-4646. For additional information about the test as well as radiation involved. Please visit www.radiologyinfo.org