



PET/CT SCAN INSTRUCTIONS

Your PET/CT scan appointment is on _____ at _____ AM/PM. Please arrive approximately 15 minutes early for any necessary paperwork. Upon arrival in the PET/CT department, the PET/CT technologist will go over your history and get a sample of your blood glucose level before the injection.

A small amount of radioactive sugar (F-18 Flurodeoxyglucose or FDG) will be injected via an intravenous catheter or butterfly needle into your vein. There are no adverse effects from this radioactive sugar and the radioactivity is completely out of your system in 24 hours. Due to the radioactivity in your system, we ask that you avoid anyone pregnant, as well as small children, for 24 hours.

After the injection – there is an incubation period during which you will be in a private, dimly lit, quiet room for one hour and then placed on the scanner for approx. 20-30 minutes. For best scan results, we ask that you refrain from chewing gum, reading, writing or talking on your cell phone during the incubation period. After your exam is completed, you can resume your medications, meals, and regular activities.

Prior to the exam, we ask that you please follow the instructions below:

1. Please avoid all caffeine, sweets, tobacco, and heavy exercise 24 hours before your appointment.
2. The evening before, eat a high protein and low carbohydrate meal.
3. For 6 hours before your appointment **you must have nothing to eat and you can only drink PLAIN WATER.** It is beneficial for you to be well hydrated with plain water only. Feel free to drink as much plain water as you like. Also, do not chew gum, take cough drops or cough syrup.
4. You can take your daily medications (with plain water only) if you can tolerate them on an empty stomach.
5. Please consult with your physician if you are pregnant.

SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS: Metformin or other diabetic pills are okay to take.

However, do not take insulin the day of your exam. The Blood Glucose level cut-off for the test is 250, therefore, if your blood sugar runs at this level or higher, please contact a technologist at the number below.

If you have any questions, concerns, or will not be able to make your appointment, please contact the PET/CT Department, (850) 696-4265.