

cCare PET & PET/CT SCAN

PATIENT PREPARATION AND INSTRUCTIONS

If you are diabetic, please call our office for individual diet and medication instructions

PET & CT/ PET SCANS

24 Hours before your exam follow a low sugar diet. Do not consume anything that has processed or natural sugars.

Examples of foods to avoid:

- ◆ Processed sugar such as cake, pie, cookies, candy, jam/jelly, syrup of any kind, regular soda.
- ◆ Any fruit or fruit juice; this includes canned, fresh or dried fruit.
- ◆ Stay away from bread, tortillas (corn and flour), pasta, cereal, milk, peas, carrots, corn, beets and cured meats such as bacon, sausage, ham and any prepackaged deli/lunch meat.
- ◆ No alcohol of any kind

Examples of foods you can eat:

- ◆ All the meat you want such as beef, chicken and fish.
- ◆ Vegetables except for the few mentioned above.
- ◆ You can have rice, potatoes any hard cheese, cottage cheese and eggs.
- ◆ You can drink as much water as you want- the more the better. Diet drinks that are sweetened with artificial sweeteners and black coffee are okay.

Please dress warmly and wear comfortable clothing. On the day of your exam wear warm, loose fitting clothing without metal zippers, snaps or clasp. Wear as little metal as possible such as jewelry, buckles and under wire bras. A technologist will answer any questions you may have. They will check your blood sugar by a small poke in your fingertip. An IV will be started in your arm to administer the FDG (our metabolic tracer). After the injection you will need to rest quietly in a recliner for 60-90 minutes while the tracer circulates in your body. You will then be asked to empty your bladder before beginning the scan. You will be positioned on a table that passes through the scanner. The scan time is 20-30 minutes.

No strenuous exercise 24 hours prior to your appointment.

If you are having a CT of your abdomen or pelvis with your PET scan, follow the ORAL CONTRAST instructions.

Plan on being in our office for approximately 2 hours. We will contact you one to two days before your appointment to review the instructions.

DIAGNOSTIC CT SCANS ONLY

You do not have to follow the low sugar diet. *If you are having a CT of your abdomen or pelvis, follow the ORAL CONTRAST instructions below.*

ORAL CONTRAST INSTRUCTIONS

You will need to drink 1 bottle of oral contrast; drink the first half of the bottle **1 hour** prior to your appointment. Drink the second half of the bottle **30 mins** prior to your appointment.

ALL PATIENTS

Four hours prior to your appointment you must stop eating. Drink only water 4 hours prior to your appointment. You may still take any and all of your regular medications you normally take.

Patients who are pregnant or breastfeeding should not undergo imaging. If there is any possibility of pregnancy, you should have a pregnancy test done prior to scheduling your appointment. Please notify us if you are pregnant or breastfeeding when you call to schedule your appointment.