

## GREAT LAKES MEDICAL IMAGING

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### PATIENT INSTRUCTION SHEET FOR PET/CT

A PET/CT is a specialized exam to evaluate for signs of malignancy throughout your body. In order 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.

**AVOID** – Caffeine, nicotine and alcohol for 24 hours prior to exam.

No strenuous activities - no chewing gum, no exercise, no shoveling, no house cleaning etc. for 24 hours

**DRINK WATER** – Drink at least 6 glasses of water the day before your exam and continue to drink water up until the exam.

**YOU MAY TAKE YOUR MEDICATIONS WITH WATER.**

**DRESS WARM** – Even in summer months. To get the best scan results, you must not be chilled prior to or during the exam. If possible, wear clothing with no metal (no snaps or zippers) and leave your jewelry at home. You may wear your wedding rings.

**LOW SUGAR/LOW CARBOHYDRATE, HIGH PROTEIN DIET** – 24 hours 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).

**Nothing to eat or drink for 4 hours before exam time (except water).**

**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. Diabetics with blood glucose of >200 mg/dL may be rescheduled.

**DO NOT BRING PREGNANT WOMEN OR NEWBORNS WITH YOU** (due to the radioactive material being injected)

**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.

**PROCEDURE:** Your blood glucose level will be checked. You will be injected with a radioactive tracer. You will rest comfortably in a quiet room for approximately 70 minutes. Then you will be imaged for approximately 30 minutes.

**PLEASE ALLOW 2 to 2.5 hours for your visit.** After your PET/CT exam you may resume normal activities.

**PLEASE FEEL FREE TO CALL US WITH ANY QUESTIONS OR CONCERNS.**