FDG-PET/CT Scan Patient Preparation

Patient Name:_____

Scan Location, Date, and Time:_____

- **Do not eat, drink, or consume anything *other than plain water* within 6 hours of your appointment.** This includes sugar and sugar free gum, candy, mints, etc.
- **Do drink plenty of plain water if able.**
- Avoid caffeine and nicotine within 6 hours of your appointment *if possible*.
- **No strenuous activity within 24 hours** of your appointment. Specifically, anything that may make your muscles sore.
- The last meal prior to fasting and all meals the day prior should be low in carbohydrates and high in protein. Consume foods such as meats and vegetables. Avoid breads, pastas, fruits, and sugars.
- You may take most regularly scheduled medications as long as they can be tolerated on an empty stomach. Avoid medications containing any form of sugar the day of the scan. Avoid diuretics or steroids the day of the scan *if possible*.
- You will be asked to lie flat on your back for up to 45 minutes. **If you require medication for anxiety, pain, or claustrophobia, obtain a prescription from your physician**, pick up the medication from a licensed pharmacist, and present the medication to the technologist performing your scan. The technologist will instruct you when to take it.
- Please bring copies of any pertinent or recent diagnostic imaging reports and cds with you to your appointment. If performed at a different facility.
- Wear warm and comfortable clothing, and **dress as free of metal as possible**.

If you have Diabetes:

Follow the instructions above, *including the following*:

- The recommended blood sugar level for a PET/CT scan is 80-160 mg/dL **We cannot perform a PET/CT scan if your blood sugar levels are above 200 mg/dl.** Your blood sugar level should be stable. **You cannot eat or take any oral diabetic medications within 6 hours, and you cannot take any injectable diabetic medications within 4 hours of your appointment.**
- To maintain a blood sugar level within these parameters, *you may need to get up during the night to eat* a snack and/or take medications for diabetes. The snack should be low in carbohydrates (10-15 grams) and high in protein (8-10 grams). A snack may include: 4 saltine crackers with cheese, ½ apple with cheese or peanut butter, or sugar free Carnation breakfast drink.
- Speak with your physician prior to the PET/CT scan to discuss your diabetic medication regimen. You may need to adjust the scheduling of your diabetic medication in order to maintain your blood sugar levels within the recommended levels. If you wear an insulin pump, please consult with your physician.
- ***The PET/CT scan may need to be rescheduled if blood sugar levels are not within the parameters.***

You will be at the PET/CT imaging facility for approximately 2 hours. Due to the radiation involved and the sometimes limited space in the PET/CT imaging suite, your family and friends will not be able to accompany you throughout the procedure. There are no necessary precautions you must follow once the scan is complete, unless you take medications for pain or claustrophobia. If you take medications for pain or claustrophobia, it is recommended that you do not drive until the medication has worn off.

Consult your physician and/or contact our SageWest PET/CT imaging center (307.857.3463) if you require further instruction.