



## FDG-PET/CT Scan Patient Preparation

Patient Name: \_\_\_\_\_

Scan Date/Time: \_\_\_\_\_

### Non-Diabetic:

- 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.
- The last meal prior to fasting and all meals the day prior should be low in carbohydrates and high in protein. These include foods such as meats and vegetables. Avoid breads, pastas, fruits, and sugars.
- Do drink plenty of plain water if able.
- You may take most regularly scheduled prescription medications as long as they can be tolerated on an empty stomach. Avoid medications containing any form of sugar, diuretics, and diabetic medications within 6 hours of your appointment.
- Avoid caffeine and nicotine within 12 hours of your appointment if possible.
- No strenuous activity within 24 hours of your appointment. Specifically anything that may make your muscles sore.
- Wear warm and comfortable clothing, and dress as free of metal as possible.
- You will be asked to lie flat on your back for up to 45 minutes. If you require medication for pain or claustrophobia, obtain a prescription from your physician, pick up the medication from a licensed pharmacist, and provide the medication to the technologist performing your scan. The technologist will instruct you when to take it.
- Please bring any recent diagnostic imaging reports and scans with you to your appointment.

### Diabetic:

In addition to the instructions above, please also do the following;

- An ideal blood glucose level for a PET/CT scan is 80-160 mg/dL, and we cannot proceed if your BGL is above 200. However, you cannot eat or take any oral diabetic medications within 6 hours of your appointment, and you cannot take any injected diabetic medication within 4 hours.
- To obtain a sufficient BGL, you may need to get up during the night to eat and take medications. If so, please eat a small low carbohydrate meal and take your diabetic medications 6 hours prior to your appointment.

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 the PET/CT imaging center if you require further instruction.*