

PET/CT FDG Scan Patient Prep Instructions

Procedure Information

1. The entire procedure will take about 2 to 3 hours.
2. After you check in at the front desk, the technologist will bring you to the PET/CT injection room. They will ask health history questions, explain the procedure, and address any questions/concerns you may have. The technologist will start an IV and check your blood glucose level. Next, the technologist will administer the FDG. After the injection is completed your IV will be removed. You'll remain in the injection room for 50-60 minutes for the FDG to circulate. Then the technologist will take you for the scan which takes approximately 10-30 minutes.

PET Scan Instructions

1. 24 hours prior to your exam:
 - No strenuous activity
 - Follow the high protein/low carb diet (*please see attached guidelines*)
 - Let us know if you are pregnant or breast feeding
2. The day of your exam:
 - Nothing to eat for a minimum of 6 hours prior to exam. (*You may drink clear water only*)
 - You may take your prescribed medications with water (excluding insulin)
 - Drink plenty of water
 - Refrain from wearing any metal (i.e. jewelry, metal zippers)
3. If you are anxious and/or claustrophobic, please arrange for medication with your doctor in advance, and have someone available to drive you home after the exam.
4. If you are diabetic, please follow the special instructions below:

Special Instructions for Diabetic Patients:

1. Make sure you are scheduled for the earliest morning appointment possible.
2. If you have trouble regulating your blood glucose level, please consult your diabetes provider prior to the scan. Your blood glucose will need to be less than 175 mg/dL on the day of your exam.
 - Do a “practice run” at least 5 days before your scan, to make sure you can achieve a blood glucose level between 70-175 mg/dL on the morning of your exam.
3. The night before your exam:
 - Normal, short-acting insulin should be taken *after* the evening meal the night before your exam.
 - Long-acting insulin should be given *as late as possible* the evening before the exam, preferably as late as midnight.
4. The day of your exam:
 - Do NOT take morning oral diabetes drugs or insulin. All other oral medications are fine to be taken with water.
 - Your blood glucose will need to be less than 175 mg/dL. If your blood glucose is greater than 175 mg/dL, your test may need to be rescheduled.

5. If you have any questions or concerns please call Evergreen Radia Imaging Center at **425-952-6100**. We are here to help you, so please feel free to contact us anytime.

Foods that are OK TO EAT 24 hours prior to PET Scan:

- ✔ Eggs – *Prepared without milk*
- ✔ Meat – **chicken, pork, steak, fish, shrimp** – *No breading or sauces*
- ✔ Tofu
- ✔ Cheese – *No processed cheeses*
- ✔ Salad – *No salad dressing, use only oil and vinegar*
- ✔ Green vegetables – **broccoli, asparagus, spinach, green beans**
- ✔ Cauliflower
- ✔ Nuts – *Except honey roasted*
- ✔ Peanut butter – *Unsweetened, non-honey roasted*
- ✔ Mayonnaise
- ✔ Butter – *No margarine*
- ✔ Salt
- ✔ Artificial sweeteners – *Small amount only*
- ✔ Lot and LOTS of water

Foods you should NOT EAT 24 HOURS PRIOR to PET scan:

- ✘ Beans
- ✘ Breads or crackers
- ✘ Rice, grains or cereals
- ✘ Pasta
- ✘ Potatoes
- ✘ Fruit
- ✘ Juices, milk or soy milk
- ✘ Soft Drinks or tonic water
- ✘ Sweet vegetables – *beets, carrots, corn, peas, tomatoes*
- ✘ Chewing gum or breath mints
- ✘ Desserts
- ✘ Common cold medications or vitamins

Sample Menu for Low Carbohydrate/ Low Sugar Diet for PET/CT study

Breakfast

Eggs (*prepared without milk, butter ok*)

Bacon (*no flavored bacons like maple*)

Ham (*no flavoring*)

Lunch

Steak, Pork, Fish or Chicken Breast (*no breading, no sauce*)

Lettuce/or Spinach Salad (*Real cheese, green vegetables, hardboiled egg*)

Vinegar and oil dressing (*or a dressing with no carbohydrates and low in sugar*)

Celery sticks

Dinner

Steak, chicken, pork, or fish (*no breading*)

Lettuce/or spinach salad

Vinegar and oil dressing (*or a dressing with no carbohydrates*)

Broccoli with cheese (*real cheese, not processed and low in carbohydrates*)

Dessert

Sugar free Jell-O

Beverage

Water

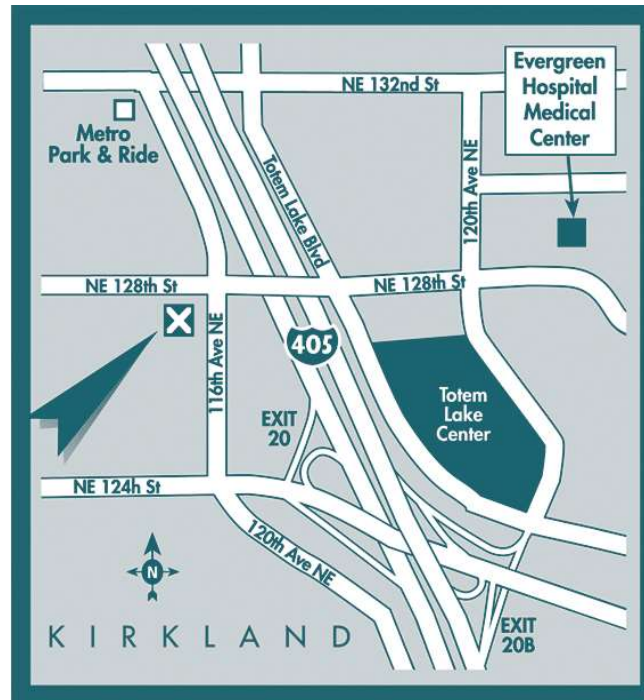
Diet sodas with no carbohydrates or sugar (*avoid on the day of the exam*)

Coffee/Tea (*avoid on the day of the exam*)

How to Find Evergreen Radia Imaging Center

Evergreen Radia Imaging Center

11521 NE 128th Street, Suite 200 • Kirkland, WA 98034 • 425.952.6100



Southbound on I-405

- Take the 124th Street exit (#20) off I-405. At the end of the exit, turn right onto 124th Street.
- Turn right at the next light, onto 116th Ave NE.
- Turn left at the light onto NE 128th Street.
- Evergreen Radia Imaging Center is on your left with ample free parking.

Northbound on I-405

- Take the 124th Street/Totem Lake Blvd Exit (#20B) off I-405. Stay to the left for NE 124th Street.
- At the end of the exit, turn left onto 124th Street. Avoid the far-right lane, which becomes a turn-only back onto I-405.
- Turn right at the light onto 116th Ave NE and then turn left at the light onto NE 128th Street.
- Evergreen Radia Imaging Center is on your left with ample free parking.