

PET / CT SCAN APPOINTMENT LETTER AND PATIENT INFORMATION

WHAT IS A PET/CT SCAN?

A PET/CT scan is noninvasive radiology imaging test, which is commonly used to evaluate a number of different diseases. It is performed by imaging the localization of the radioactive tracer (FDG) after injection. A PET/CT scan can be used for diagnosis, staging, and restaging. This exam does not replace a diagnostic CT, which your physician may order in addition to this scan.

WHAT THE PROCEDURE FOR A PET/CT SCAN?

Your visit with us will take approximately 2 ½ hours. Please arrive promptly at your appointment time as the radioactive tracer is only effective for a limited window of time. Please wear comfortable clothing without any metal (e.g. zippers, buckles, and snaps). Upon your arrival, you will need to register so bring your script, referral/authorization, insurance card and a form of identification.

At the beginning of the procedure you will complete a history questionnaire with the technologist.

- You will be given barium to drink approximately 16 ounces.
- A finger stick blood sugar check will be performed (ideal blood sugar under 200). Increased blood glucose level can alter the results of the test.
- An I.V. will be started in your arm to give you an injection of the (FDG) radioactive glucose tracer.
- After the injection, you will be asked to relax in the reclining chair for 1 hour. Every effort will be made to make you comfortable during this hour. It is important to relax, not stress any muscles and to refrain from talking during the uptake period. These activities adversely affect the test.
- Before the scan, you will be asked to empty your bladder. The imaging will take approximately 30-35 minutes. The PET technologist will be present at all times to answer your questions and to provide instructions. The PET/CT scanner is similar to a CT scanner in appearance.

HOW DO I PREPARE FOR MY APPOINTMENT?

The preparation for a PET/CT scan depends on what type of study you are having performed. Here are the preparation guidelines for our most commonly ordered studies:

- **Amyloid Brain PET/CT:** There is no preparation required for this study.
- **PSMA PET/CT:** Drink 16 ounces of water 1 hour prior to your appointment. You do not need to fast or restrict any activity for this study.
- **NETSPOT Ga68 Dotatate:** Drink 16 - 24 ounces of water prior to the appointment. The patient will need to stop somatostatin / octreotide therapy:
 - Short-acting somatostatin analogs for 24 hours prior to appointment.

- Long-acting somatostatin analogs for 4 to 6 weeks prior to appointment.

Take medications as directed except for somatostatin/octreotide therapy. You do not need to fast or restrict any activity for this study.

For all other PET/CT scans, please follow the preparation guidelines below:

**DIETARY: Low-Carbohydrate Diet is required 24 hours before PET/CT scan.
Please limit your carbohydrate intake 24 hours prior.
No caffeine, alcohol, or nicotine products 12 hours prior.**

CARBOHYDRATE/SUGARS TO BE AVOIDED: Bread, Bagels, Cereal, Cookies, Toast, Pasta, Crackers, Muffins, Peanut Butter, Fruit, Fruit Juices, Potatoes, Rice, Cornbread, Carrots, Beets, Corn, Candy, Cakes, Pies, Chewing Gum, Mints, Cough Drops, and Soft Drinks (Including Diet)

EXAMPLES OF PERMITTED FOODS:

- **PROTEINS:** Beef, Turkey, Pork including bacon, Fish, Chicken, Eggs, Veal, and Any Kind Of Seafood
- **VEGETABLES:** Broccoli, Brussel Sports, Asparagus, Cauliflower, Zucchini, Spinach, String Beans, Lettuce
- **DESSERTS:** Cheese, Cottage Cheese
- **DRINKS:** Unsweetened Black Coffee, Unsweetened Tea, Water (Artificial Sweeteners Are Not Permitted), Limit Milk to 1 or 2 Glasses The Day Before.

ACTIVITY RESTRICTIONS:

- Exercises such as jogging, cycling, weightlifting, strenuous housework and yard work should be avoided.
- Patients are advised not to chew gum.

THE DAY OF YOUR PET/CT SCAN:

- Do Not Eat for 6 hours before your test-including tube feedings and dextrose-containing IV fluids.
- Only plain water is permitted (12oz Maximum) 4 hrs prior to your appointment time
- Bring your script, referral/authorization, insurance card and a form of identification
- Please bring any correlating imaging studies and reports performed at a facility other than SJRA. Biopsy /Pathology reports related to current study (if available).
- For patients with anxiety, antianxiety medication prescribed by your physician may be taken immediately prior to your FDG injection time- if this is the case, we recommend someone drive you to and from your appointment.

MEDICATIONS: Prescribed medications should be taken as directed with water only.

WHAT IF I AM DIABETIC:

Your appointment time should be either early morning or late afternoon.

- Early Morning appointment, do not eat after midnight, but you may drink up to 12 ounces of water 4 hrs prior to your appointment time. If you are on oral diabetic medication or Insulin, do not take your morning dose.

- Late Afternoon appointment, you can eat breakfast (following the dietary restrictions) 6 hours prior to your appointment and you may drink 12 ounces of water 4 hrs prior to your appointment time. You may take your regular morning dose of oral or insulin diabetic medication with your meal.
- After the study is complete, you may resume normal medication and eating schedules.

QUESTIONS?

If you have any questions or concerns about the PET/CT scan, please contact SJRA scheduling department (888) 909-7572 (Option 1) Monday - Friday 8am - 4:30pm.

CANCELLATION or RESCHEDULE:

If you must cancel or reschedule your appointment, please call us at least 24 hours prior to your appointment time at 1-866-PETSJRA (738-7572). Failure to do this will result in a charge for the radioactive tracer.