



PET/CT IMAGING SCHEDULING NOTES & INSTRUCTIONS

Patient Name: _____

Your appointment time is at: _____ on _____

****For Patients with MORNING Appointments****

The day before your scan:

1. Avoid eating carbohydrates and sugar on the day before our scan. (Please see the attached diet instructions.)
2. If you are diabetic, please see the attached detailed instructions.
3. Do not exercise or participate in strenuous physical activity.
4. Keep warm for at least 24 hours before your scan. Stay in a warm environment or wear warm clothing. This helps the quality of the PET images.
5. A technologist will call you to confirm your appointment. Please give the scheduler a good contact phone number.

The day of your scan:

1. You must fast after midnight. This means nothing to eat or drink after midnight except water and your medications. Unless your doctor has told you to limit your fluid intake, please continue to drink plenty of water up to your exam time. It is important that you are well-hydrated for your scan.
2. If you are taking any sedation for your exam, follow the instructions given to you by your doctor. Please bring the bottle of relaxation pills to your appointment. If you need to take an additional relaxation pill, the technologist will tell you when to take it.
3. DRESS WARMLY—even in summer months. Bring a sweatshirt/sweater if needed. To get the best scan results, it is important to not be chilled prior to or during the preparation for your scan.

****For Patients with AFTERNOON Appointments****

The day before your scan:

1. Avoid eating carbohydrates and sugar beginning at noon on the day before your scan. (Please see the attached diet instructions.)
2. If you are diabetic, please see the attached detailed instructions.
3. Do not exercise or participate in strenuous physical activity.
4. Keep warm for at least 24 hours before your scan. Stay in a warm environment or wear warm clothing. This helps the quality of the PET images.
5. A technologist will call you to confirm your appointment. Please give the scheduler a good contact phone number.

The day of your scan:

1. You may eat a light breakfast the day of your scan (continue to avoid carbohydrates and sugars).
2. This light breakfast must be finished 6 hours before your exam time.



3. Unless your doctor has told you to limit your fluid intake, please continue to drink plenty of water up to your exam time. It is important that you are well-hydrated for your scan.
4. If you are taking any sedation for your exam, follow the instructions given to you by your doctor. Please bring the bottle of relaxation pills to your appointment. If you need to take an additional relaxation pill, the technologist will tell you when to take it.
5. DRESS WARMLY—even in summer months. Bring a sweatshirt/sweater if needed. To get the best scan results, it is important to not be chilled prior to or during the preparation for your scan.

DIET

The following high protein/low carbohydrate diet should be followed preferably 24 hours prior to your PET/CT scan.

Foods to AVOID:

- Caffeinated products, pasta, rice, potatoes, bread, any product containing sugar or sugar-free products, milk or milk products, coffee (including decaf), all alcoholic beverages, candy, mints, gum, and cough drops.
- Foods that MAY be consumed:
- Plain meat, poultry, fish (no breading), eggs, bacon, sausage, non-starchy vegetables: broccoli, asparagus, cauliflower, zucchini, spinach, mushrooms (no potatoes or corn), nuts (not honey roasted)
- Drink water with every meal the day before the test. Three to four glasses of water should be consumed on the day of the test.

There are four parts to your test:

1. Testing of blood glucose.
2. Injection of a radioactive isotope (F-18 FDG) which has no side effects.
3. Waiting. This is to allow for the radioactive isotope to distribute throughout your body typically 60-90 minutes. During this time, it is important that you remain still and warm. No reading/writing/repetitive talking and or phone usage should be allowed. After the isotope has been distributed appropriately, imaging will be accomplished on an open-ended PET/CT unit similar to a CAT scan machine for approximately 20-30 minutes.
4. Results will be sent to your referring physician typically within 24-36 hours.

CANCER PARTNERS ADDRESS:

68th Street Location: 201 South 68th Street Place (68th & O Street)

Lincoln, NE 68510

The entrance is on the south side of the building.

QUESTIONS:

Any questions about the exam or preparation, please call Cancer Partners at 402-420-7000.



ADDITIONAL PET/CT INSTRUCTIONS FOR DIABETIC PATIENTS

The PET/CT scan uses a small amount of radioactive compound called FDG which is very similar to glucose. This allows us to make images of the metabolic activity within your body's tissues and any possible tumors that might be present. Because FDG is so similar to glucose, the balance between blood sugar levels and insulin levels can have a big effect on the ability to detect tumors on images. This can be a tricky process because either a high blood sugar level or a high insulin level can lead to very poor image quality. The goal is to plan your food intake and medication dosage so that your insulin level is fairly low, but your blood sugar level is not too high. This is usually accomplished by making sure that you have not eaten and have not taken medications shortly before your PET/CT scan.

The technologist will check your blood sugar before the PET/CT exam can begin. Your blood sugar must be under **200 mg/dl**. If not, your exam will be rescheduled. Always test your blood sugar before taking insulin and oral diabetic medications. You may need less than your usual dosage because of the low-carbohydrate diet and fasting.

Certain Oral diabetic medications should be discontinued for 48 hours prior to your scheduled exam time: Metformin, Glucophage, Fortamet, Riomet, Metacip, Glucovance, Avandamet, Actoplus, Glumetza, Janumet, Prandimet, Kazano, Jentadvento, Kombiglyze, Invokamrt, Xigduo, Synjardy.

Insulin: As a general rule, diabetic patients must be **fasting** (meaning you can only drink water) for at least **six hours** prior to the PET/CT scan. You must **not** have taken **insulin** within **four hours** prior to the scan. There is no single approach to managing food intake and medication dosages that works for every patient. It sometimes requires several attempts to get your blood sugar in the appropriate range for the PET/CT scan. In general, there are two scheduling plans that seem to work best for most patients.

1. For many patients, simply fasting after midnight, drinking only water, and not taking insulin prior to an early-morning PET/CT scan appointment works well. However, if you already know that your blood sugar runs over 150 mg/dl in the morning after you wake up and before you take your medications make sure to let the person scheduling your PET/CT appointment know. This first approach may not work well for you and your scan may have to be scheduled differently.
2. The other common approach is to schedule your PET/CT appointment early in the afternoon. In this case, you must get up early enough to eat a light breakfast at least **six hours** before your scheduled PET/CT scan time. It is preferred that you take your insulin at least **six hours** (minimum of **four hours**) before your scheduled appointment time. You can then have only water until your scan.

Insulin Pumps: Patients using insulin pumps will be asked to turn them off or set them to a "fasting" or "overnight" setting for **four hours prior** to the PET/CT. If this is not possible, you must work with your family physician to suggest alternatives. Please let the scheduler know if you anticipate this issue. Remember: You may need to decrease your medication dosages, especially your insulin dosage, because of the low-carbohydrate diet and the necessary fasting, especially if you are prone to having problems with low blood sugars. If you sometimes need to take glucose paste or oral glucose solution because of low blood sugar, bring some to your appointment, in case you need it.