

## Instructions after PET scan

- Avoid close contact with children and pregnant females for at least 24 hours.
- Drink plenty of fluids/ water/liquids for at least 24 hours.
- Flush the toilet twice after use.
- If you are in the lactating phase, you will be asked to stop breastfeeding for at least half a day after the scan. It is advisable to express and store breast milk beforehand so that your baby can be fed later.
- Please bring your files, biopsy reports, treatment details, previous reports, and CDs/DVDs of any prior PET-CT, CT, or MRI scans on the day of your appointment.

**FYI:** Please notify your technologist if you will be travelling by air within 24 hours after your exam. Radiotracer may interfere with security scanners.

# A PATIENT'S GUIDE TO PET-CT IMAGING



## Contact Us

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SCAN  
QR CODE



## PET preparations & diet instructions

### Day before PET exam

- 24 hours before your exam, avoid vigorous exercise or strenuous activity
- 24 hours before your exam, do not eat any foods that are high in carbohydrates or sugar
- We encourage you to drink 2-3 litres of water so that you are well-hydrated

### Day of PET exam

- Six hours before your exam, do not eat or drink anything except plain water.
- We encourage you to drink 1 litre of water so that you are well-hydrated
- Wear warm, loose-fitting, comfortable clothing with no metal.
- You will be required to bring the latest blood report for serum creatinine.

### What about a pregnant female patient?

A PET-CT scan is contraindicated in pregnancy. If the patient is suspicious about her pregnancy status, please inform the doctor.

### Foods NOT TO EAT 24 hours before your exam (only for FDG PET scan study)

Breads, pasta, pastries, crackers, cereal, rice, potatoes, noodles, sugar, candy, gum, honey, fruits or fruit juices, sugar-containing beverages, milk, caffeinated beverages (coffee/tea/energy drinks), alcoholic beverages, condiments/sauces/gravies/syrups containing carbohydrates (check the label).

**PLEASE AVOID TENDER COCONUT WATER.**

### Non FDG PET scan study (Nil by Mouth for 4 hours prior scan only)

## What is a PET-CT scan?

Positron Emission Tomography (PET) is a unique non-invasive test. PET scans are used to image functional processes, such as tumour metabolic activity, rather than focusing on anatomy as done with CT or MRI.

Combined PET-CT devices offer metabolic information from PET and anatomical information from CT in a single exam.

### How does a FDG PET-CT scan work?

You will receive an injection of a radioactive tracer called F-18 FDG. FDG is a sugar that is consumed by all of the cells in your body, and F-18 is a radioisotope which emits energy in the form of Positrons, which are captured by the camera and are used to recreate 3-D images of your body (Tomography). The acronym PET stands for Positron Emission Tomography.

### How long will the exam take?

When scheduled for a PET-CT scan, expect to spend up to 4-5 hours at the hospital for the exam. Because of the specific radiotracer used in this study, patients are required to arrive on time. Cancellations must be made at least 24 hours before the scheduled exam.

### Do I need to change for the exam?

No. Please wear warm and comfortable clothing that does not contain zippers, metal buttons, or snaps. We have an exam gown available that you will need to change into for the exam.

## Will I feel different after the injection?

No. In fact, you may resume your normal activities immediately after your exam. It is recommended that you avoid close contact with children or pregnant women for about 24 hours following your exam.

### Am I allowed to take my medication on the day of the scan?

You may take the medications prescribed by your physician on the day of the exam, unless you are diabetic and insulin-dependent. If you fall into this category, please speak to your doctor.

### Special instructions for diabetic patients

- Please be aware that your blood sugar must be below 200 for the exam to be completed.
- Don't take medication or insulin injections on the day of the scan.
- If you have any questions, please do not hesitate to call and ask to speak with a PET-CT co-ordinator.

### What will happen at my appointment?

Upon arrival, you will be administered the radiotracer injection. You will feel a slight prick at the injection site. You will be asked to lie quietly, without movement and without talking, for 45- 90 minutes while the radiotracer moves throughout your body or into the area being studied. You will be positioned on the PET-CT scanner. The technologist will position you on the examination table.

The PET scanner is a doughnut-shaped ring similar to a CT scanner or MRI. During the scan, you will need to lie still for about 30-40 minutes as the camera records the radiotracer's emissions. The scan is painless; however, some discomfort may result while remaining in one position for the duration of the scan.