



AFTERNOON PET/CT PREP
Cancer Diagnostic Center
228 Bucher Drive
Mountain Home, AR 72653
(870) 425-4416

Date _____ Time: _____

Patient _____

Diagnosis _____

Ordering Physician _____

PET/CT Instructions

If you must cancel an appointment please let our office know 24 hours prior to the scan. We order the FDG (glucose-based radio pharmaceutical) daily from St. Louis and the doses are very expensive. If you no show your appointment we do reserve to right to bill you for the dose.

The scan is a 3-hour process:

When you arrive we will draw your blood, this must be done just prior to your scan, in order to check your glucose levels. After the blood work is back we will take you into the uptake room, where you will receive an IV of FDG. The FDG takes 45 minutes to run through your body **no one** is allowed to come back into the uptake area with the patient. After the FDG has taken its course you will be placed on the scanner, this takes approximately 25 minutes. After the scan your family will be able to come back and go over the results with Dr. White.

Water:

Drink plenty of water before and during your fast. Hydration is a key factor in image quality.

Exercise:

Do not exercise 24 hours prior to your exam. Your muscles need to be in a relaxed state when having a PET scan.

(over)

Clothing:

Wear something warm and comfortable (the scanner room must remain at a constant temperature, which is cool). Please do not wear **any metal!**

Medication:

You may take your usual medications. If you are diabetic please speak with your physician. If you require oxygen please bring enough for the whole process.

Diet and Fasting Instructions:

This is a safe diet particularly for a one-day period, even for most diabetics or patients with high cholesterol.

The **night before** your scan you can eat nonbreaded meat and entrees such as: Grilled or pan broiled steak

Grilled, baked, boiled or broiled chicken

Side items must be low in carbohydrates (salad and green vegetables)

You may use salt, pepper, butter or margarine.

You may have 2 glasses of red wine or diet soda with dinner and all of the water you would like.

The **day of** your scan (as long as it is 6 hours prior) you may have breakfast of any style eggs, with meat, black coffee (no sugar or creamer) and water. No fruit juices. Once again you may have water.

Fasting **6 hours** prior to the exam is necessary. This includes chewing gum or breath mints, however you may drink water

You may **not** eat the following for dinner:

High Carbohydrate foods such as: potatoes, rice, pasta, chips or bread.

No dairy products (milk cheese yogurt, ice cream etc.)

Your compliance with this diet greatly improves the quality of the scan. For more information please feel free to contact our center.

If there are any questions please give our office a call at 425-4416.