

Information & instructions before PET scan procedure with 18F- FDG injection

Day Prior to Your Appointment

- Please avoid eating foods high in carbohydrates. This includes potatoes, pasta, rice, breads, pretzels, cookies, candy, soda pop and alcoholic beverages.
- Please eat foods high in protein such as meats, eggs and vegetables that are low in starch. It is best to drink plenty of water the day before your appointment.
- A sample diet is provided on the next page.
- Please do not take nutritional supplements such as Ensure or Sustacal products for 4 hours before your appointment.

Day of Your Appointment

- You should have nothing to eat or drink except water for at least 4 hours before your appointment time. This includes chewing gum, hard candy, breath mints and tobacco products.
- Please avoid strenuous exercise.
- You should take all medications prescribed by your physician the day of the scan. Medications that should not be taken on an empty stomach can be taken with water and 1 or 2 saltine crackers. (i.e. no graham crackers or other sugar containing products).
- Dress comfortably in layers to stay warm as scanner rooms are cool. Please avoid large buttons and other metal objects on your clothing. Generally, you will not have to change out of your clothes for the procedure if there is no metal (zippers/buttons). Jewelry will need to be removed if located in the scanning region.
- Starting two hours prior to your test, you will need to slowly drink 1 or 2 glasses of water. You may go to the bathroom as needed. This important requirement improves your test.

DIABETIC PATIENTS ONLY:

- Regular and long acting insulin as well as other diabetic medications should be taken as prescribed by your physician. Insulin should not be taken within 4 hours of your appointment time. Oral medications should be taken as prescribed. A blood sugar reading over 200 mg/dl could cause your scan to not be completed. Our goal for the best possible scan is to have your blood sugar between 50 and 200 mg/dl, ideally below 150 mg/dl. Should your blood sugar be above 200 mg/dl, please call our scheduling department:
 - **Henry Ford Macomb Hospital / Clinton Twp:** (877) 688-6122 or (330) 327-6179 after hours
 - **Henry Ford West Bloomfield Hospital, Sterling Heights, Henry Ford Detroit Cancer Pavilion or Fairlane/Dearborn:** (313) 916-2983 or (313) 916-2862
 - **Henry Ford Wyandotte Hospital or Brownstown:** (734) 246-9601
 - **Henry Ford Jackson Hospital:** (517) 205-4905 or (517) 205-4911 after hours.

What to Expect During your Procedure

- Our staff will check your blood sugar when you arrive for your scan. If your blood sugar is high, a radiologist will review your history and may advise rescheduling your scan.
- Our staff will interview you to discuss your medical history. While a PET/CT scan requires an IV to be started, they are otherwise painless with no side effects.
- A technologist will give you a very small amount of radioactive sugar through your IV. Please feel free to ask your technologist any questions that you may have about the test.
- You will sit or lie comfortably for 45 – 90 minutes after the technologist gives you the radioactive sugar. It is important that you relax and minimize moving during this time. You may be asked to use the restroom.
- The scanner looks like a CT scanner. The scan is not painful. Typical scan times are often less than 30 minutes. You need to plan on being available for approximately 2-3 hours for the entire process.

What to Expect After the Procedure

- You should feel fine. There are no side effects from the injected radioactive material.
- If you have been given Xanax (alprazolam) before the procedure, you may feel drowsy. Do not drive for at least 4 hours after the scan.

Wayfinding – Based on appointment location:

Scheduling Departments	Instructions
Henry Ford Macomb Hospital	<i>Please enter through the South Entrance and follow signs to the PET scan department.</i>
Henry Ford West Bloomfield Hospital	<i>Please park near the ER entrance (back of the hospital) and check-in at the ER front desk.</i> <i>Do not enter thru the front door of the hospital/medical center.</i>
Henry Ford Medical Center – Sterling Heights	<i>Check-in at the ER waiting room – at the Radiology desk.</i>
Henry Ford Cancer Institute – Brigitte Harris Cancer Pavilion	<i>The East Entrance (main doors) and parking garage can both be accessed off Lincoln Street. Park on any floor of the parking garage and take the elevator to the 2nd floor or valet/drop off at the East Entrance and take the East Elevators to the 2nd floor.</i>
Henry Ford Medical Center – Fairlane (Dearborn)	<i>Check-in with Radiology on the first floor.</i>
Henry Ford Medical Center – Brownstown	<i>On West Road between 75 & Telegraph. When arriving enter through the Main Entrance, not the ER Entrance. Register in the main Lobby.</i>
Henry Ford Jackson Hospital	<i>Please come to hospital main lobby and check in at main lobby desk to register. Parking is available in the parking garage near the Emergency Department entrance, in front of the Professional Building/Hospital or via free valet at the lobby entrance.</i>
Henry Ford Medical Center – Jackson (Specialty Center)	<i>Parking lot entrance is on Teneyck Street. Enter through main entrance and proceed to Imaging lobby on first floor for registration.</i>

RECOMMENDED DIET

(Day Prior to Your Appointment)

Low Carbohydrate, High Protein, High Fat Diet

During the entire day before your PET/CT scan, you will need to follow the diet recommended below. Use this diet for breakfast on the day of your scan if your appointment is late enough to **allow at least 4 hours** fast before the appointment. ***Please do not take nutritional supplements such as Ensure or Sustacal products for 4 hours before your PET appointment.***

This diet is important for normal distribution of the radioactive glucose (18-FDG) in your body.

Breakfast –

- Eggs: Boiled, fried, or scrambled (prepared with milk and/or butter)
- Bacon or sausage links/patties
- Coffee, Tea, and/or Water (unsweetened or artificial sweetener)

Lunch –

- Mayonnaise
- Turkey, chicken, tuna, ham, or other lunch meat
- Lettuce
- Cheese
- Cottage cheese
- Coffee, tea, water, or diet soft drink (unsweetened or artificial sweetener)

Dinner –

- Beef, pork, chicken, turkey, or other unbreaded meat
 - Salad greens
 - Salad dressing, not diet
 - Green beans, peas, etc.
 - Butter
 - Coffee, tea, water, or diet soft drink (unsweetened or artificial sweetener)
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If you wish, you can substitute other low carbohydrate foods for the ones recommended above.

Most importantly, avoid high carbohydrate foods such as white rice, fruits, potatoes, pastries, cookies, white bread, ice cream, etc.