



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

Day Prior to Your Appointment

- Please avoid eating foods high in carbohydrates. These foods include 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 you PET 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**).
- Some patients will be prescribed a sedative type medicine (Xanax or alprazolam) by their doctor in order to improve the images. This should be taken 1 hour **before** your appointment time. If you are prescribed this medicine, **you must have someone drive you to and from the procedure.**
- 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.
- 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.

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.

DIABETIC PATIENTS :

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Day of Your Appointment

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- 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).
- 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:

If your test is scheduled at Macomb/Clinton Twp: (877) 688-6122 or (330) 327-6179 after hours.

If your test is scheduled at West Bloomfield, Sterling Heights or Fairlane/Dearborn: 313-916-2983 or 313-916-2862

If your test is scheduled at Wyandotte/Brownstown: 734-246-9601

- Some patients will be prescribed a sedative type medicine (Xanax or alprazolam) by their doctor in order to improve the images. This should be taken 1 hour **before** your appointment time. If you are prescribed this medicine, **you must have someone drive you to and from the procedure.**
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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. Resume your normal diet and medications.



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 – acceptable foods

- Eggs: Boiled, fried, or scrambled (prepared with milk and/or butter)
- Bacon or sausage links/patties
- Peanut butter (do not eat with white bread)
- Coffee, Tea, and/or Water (unsweetened or artificial sweetener)

Lunch – acceptable foods

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

Dinner – acceptable foods

- 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)

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.