

# PET/CT Instructions

# Patient Information

## What to expect at arrival:

Please arrive 30 minutes prior to the appointment. The first place to go after arriving is admissions. The physician's office should have provided a written order to the patient. Please take the order to admissions for registration. After checking in, the next stop will be the Radiology desk. The exam should start quickly from the scheduled time. Since Northeast Georgia is a major medical center there are emergencies that could arise that might extend wait time. Please try to be patient and be assured that we will begin your procedure as quickly as possible.

## What is PET/CT?

PET/CT combines a CT (CAT) scan with a Nuclear Medicine PET scan. For the PET the Technologist will ask a series of questions, then check blood sugar, and start an IV. The injection that is given with PET is a small radioactive glucose (or sugar) that allows visualization of metabolic activity throughout the entire body. There will be a one-hour resting period in a private room after the injection and before the pictures. During the hour resting period, we would like you to try to relax and take a nap. We do not allow reading, family members, or friends in the room after the injection. The imaging lasts an average of thirty minutes to one hour. Allow about two and a half hours for the entire exam. **Please let the technologist know if there is any possibility that you may be pregnant.**

## How to prepare for your procedure:

1. For Whole Body PET scans, do not eat or drink anything containing sugar or artificial sweeteners for 24 hours prior to the exam. This includes gum, mints, candies, or sodas of any type. For lunch and dinner the evening prior to the exam, eat a high protein meal with meats and vegetables.
2. The patient should have nothing to eat six hours prior to exam. If the PET exam is in the afternoon, the patient can have an early high protein breakfast. Be sure to have the meal early enough to allow six hours before the exam. High protein breakfast should include eggs, bacon, or sausage, water, and/or black coffee (do not add sugar or cream). If the appointment is in the morning, then do not eat after midnight.
3. Do not engage in any strenuous exercise 24 hours prior to the exam, including cutting grass with a push mower or heavy cleaning.
4. Be sure to wear comfortable loose fitting clothing. We will have the patient remove all metallic items before starting the scan.
5. If claustrophobia is a problem, contact the ordering physician to prescribe a sedative. The Nuclear Medicine department is **not** able to give out any medications. The patient can take a sedative that has been prescribed by the physician.
6. For diabetic patients, do not take insulin or any other medicine for blood sugar six hours before the appointment. Most diabetic patients will have afternoon appointments for best results. Stick to a high protein low carbohydrate and low sugar diet as listed above.

## Recovery/Home:

There are no restrictions and no known side effects after the PET/CT. Continue normal activity. If you have any questions prior to the exam please call the PET/CT department at 770-219-1256. The radiologist will interpret the exam and send the results to your physician's office.



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