

MEMORIAL MEDICAL CENTER  
DEPARTMENT of NUCLEAR MEDICINE

## FDG F-18 PATIENT PREPARATION AND INFORMATION SHEET

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Please arrive at least 30 minutes prior to your appointment**

**\*Please note:**

Food, diet, clothing, medication and lifestyle choices can affect the results of your PET/CT scan.

These instructions will help you make the necessary adjustments so that your scan can be completed as scheduled and of the highest quality.

### **PREPARATION FOR YOUR SCAN**

#### **DAY BEFORE SCAN**

- **Eat:** a high protein zero carbohydrate zero sugar diet
  - **Eat:** chicken, pork, beef, fish, eggs, cheese and non-starchy vegetables (e.g., salad, green beans, cauliflower).
  - **Avoid:** bread, pasta, rice, potatoes, beans, chips, sugary foods, fruits/fruit juices, water flavorings, and alcohol.
- **Drink:** 6-8 glasses of water 24 hours prior to your appointment so that you are well hydrated for your exam.
- **Non-Diabetic** patients take medications as you normally would

#### **DAY OF SCAN**

- **Fasting:** Do not eat or drink anything for 4 hours prior to your appointment. This includes chewing gum, mints, and hard candies.
- **Option:** For scans scheduled in the afternoon it is Ok to eat a high protein zero carbohydrate zero sugar meal **4 hours** prior to your scheduled scan
- **Drink:** 2-3 glasses of water prior to your appointment so that you are well hydrated for your exam.
- **No exercising** 24 hours prior to the exam as the radioactive glucose may be absorbed in the exercised muscles.
- **Non-Diabetic** patients take medications as you normally would.
- **Wear:** warm, comfortable metal-free clothing like sweats
- **Do Not Wear:** jeans, belts, under-wire bras, or metal on clothing (leave all jewelry at home)
- **Bring** a list of medications and your insurance card

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**Diabetic Patients**

- **Your blood glucose must be below 200 mg/dl prior to the procedure.** You should monitor your blood glucose prior to the exam.
- All patients will have their blood sugar level checked before the exam by means of a finger-stick.
- If your blood sugar is above 200 mg/dl your study will be cancelled and rescheduled.
- **Do not take any insulin or oral diabetic medications on the day of your appointment.** (e.g. Metformin, Tradjenta, Glipizide, & Glimepiride)
- **Do not take long acting or mixed (70/30) insulin after midnight the night before your scan.** (e.g. Lantus, Tresiba, Toujeo, Victoza, Jardiance, Humulin, & Novolin)

**Your scan will take approximately 2 hours to perform depending on the type of exam ordered.** You will receive a small dose of glucose with a radioactive tracer (radioactive glucose) and be asked to rest quietly for about one hour. This allows time for the radioactive glucose to localize throughout your body.

The scan itself will take approximately 24 to 27 minutes depending on your body type. There are no anticipated side effects from radioactive glucose, and you should continue drinking fluids after the scan to help flush the radioactive material from the body. You will be able to return to normal duties after the scan.

- **If you are a patient residing in a care facility you must have a caretaker, be present with you for the entire duration of the scan.**
- As a reminder, this study should not be performed on pregnant patients.
- If you are breast-feeding, previously pumped and stored breast milk or formula should be substituted for breast feedings for 24 hours after the study.
- Family members will not be allowed in the scanning room.
- **Camera table weight limit: 350 lbs.**

**A specialized radioactive diagnostic agent is specifically formulated and ordered prior to your appointment. If for any reason you cannot keep your appointment, please call the scheduling at least 48 hours/2 days prior to your exam so we can cancel your radioactive dose.**