



Patient Preparation Instructions for FDG PET/CT Scans

Preparation required before arriving:

- 24 hours before your appointment, please stay warm and limit any physical exercise or strenuous activities. Becoming cold or performing any exercise or repetitive activities may show up on the scan and may result in sub optimal results.
- Please fast for a minimum of 6 hours before your appointment time. During the fasting time, you are able to consume only water. No chewing of gum, sucking throat lozenges, or any food other than water is allowed. Please be well hydrated by drinking 1Litre of water approximately 1-2hrs before you arrive. You may empty your bladder as needed.
- Please bring ALL recent imaging including CT, MRI and X-rays along with the reports to your appointment.
- Wear warm, loose fitting clothing. Avoid wearing clothes that have metal on them. This includes zippers and studs.
- If you have routine NON-DIABETIC medications please take these with plain water as per usual.
- If you are claustrophobic, please notify the Department before the day of your appointment. If you require sedation, you will be unable to drive home after the scan.

DIABETES PATIENTS (NOT ON INSULIN):

- Fasting for 6 hours prior to the appointment. 24 hours prior, avoid eating or drinking anything with high sugar or carbohydrate content, including dessert the night before.
- If the appointment is before 12pm, fast from midnight – **no** breakfast on the morning of the appointment. Continue taking medication as per normal if you can take these on an empty stomach.
- If the appointment is after 12pm, you may have breakfast- (however high sugar content breakfast cereals such as Nutrigrain, Special K, Cocoa Pops, Fruit Loops etc, jams, sweet pastries and biscuits are **not allowed** to be eaten on the morning of your test). You may take your medication as per normal and then fast for 6 hours prior to the appointment time.

DIABETES PATIENTS (ON INSULIN)

- It is important that you let the booking staff know what type of insulin you are taking. This will determine the time of your appointment and your preparation. If you normally take long acting insulin in the morning please discuss with the nuclear medicine nurse when they call to confirm your appointment time and preparation. Please also inform the nuclear medicine nurse if you have an insulin pump.
- If your appointment is before 12pm, please have normal breakfast and normal insulin (short acting insulin only as per usual) then fast for 4 hours prior to the appointment (this may mean waking up earlier to have breakfast e.g. appointment is at 10 fast from 6am).

What to expect on the day:

- You will be seen by a Doctor, a cannula will be inserted into your arm and a blood sugar reading will be taken.
- You will be asked to remove all metal objects from yourself and instructed to lie quietly in a room. For your comfort we will provide warm blankets. During this time please make sure you do not chew gum, talk, read or use with your phone or tablet.
- The FDG (Radioactive tracer) will be injected through the inserted cannula.
- During this time we ask you keep a safe distance from the technologist to avoid unnecessary radiation exposure. You will be radioactive for 4 hours from the time of the injection. On leaving the department please minimise close contact with people for long periods of time especially pregnant females.
- Once the scan is complete, we ask you to kindly wait as a Doctor checks all the images. Further images may be required in some circumstances. You will be given a CD to keep before you leave, that contains all your images.
- Insulin dependent diabetic patients should bring their blood glucose monitors with them to their appointment so they can check their BSL when the test is complete. A sandwich will be given prior to leaving.

Reviewed Jan 2020

It is important that these instructions are followed correctly. Patients who are not properly prepared may undergo extra delays or may be asked to reschedule. If you have any questions please call (02) 8382 1830 for assistance. We will contact you to confirm your appointment the day before. Nuclear Medicine is located on Level 2, Xavier Building St Vincent's Public Hospital