



Exam Duration: Approximately 2 hours **IV Required?** Yes

Exam Preparation: **Nothing** to eat or drink (other than water) 6 hours prior to your appointment.
This includes chewing gum, breath mints, cough drops, or anything else that may contain sugar.

No strenuous physical activity at least 24 hours prior to your appointment.
 Follow a high protein / low carbohydrate diet 24 hours prior to your exam.
 Regularly scheduled medications may be taken prior to your exam.
 Do not take any steroids the day of your exam.
 Oral diabetic medication may be taken as usual the morning of the exam.
 Do **not** take any insulin for 6 hours prior to the exam.

PET is used to diagnose & stage various cancers. It is also useful to determine the effectiveness of cancer therapy. Cancer cells divide more rapidly than normal cells, and, in order to do so, they need more energy. The radioactive sugar (FDG) that is administered to the patient will be utilized more rapidly by the cancer cells. This increase in glucose metabolism will be detected by the PET scanner. PET is used most often for cancers of the lung, head, neck, colon, rectum, esophagus, lymphatics, skin, breast, thyroid, cervix, pancreas, and brain.

Exam Procedure: Upon arriving at the PET center, the patient will receive an IV and a small amount of radioactive glucose will be given. After the injection, the patient will wait an hour to allow the glucose to circulate throughout the body. Once the hour is over, the patient will lay down on the bed/table and the imaging will begin. The patient will be laying flat on his/her back with the arms above the head. First, there will be a short CAT scan. Iodine contrast is not generally given for this scan. The PET scan will immediately follow. The PET portion of the test can take anywhere from 20 minutes to an hour, depending on the patient weight, height, and the specific exam being performed.

Diabetic Patients: If you are diabetic, take your oral medication as usual the morning of the exam. You should **NOT** take any insulin within 6 hours of the exam. Generally, your blood sugar level should be 100-200 mg/dL before your PET scan. If your blood sugar does not run within this range on a daily basis, please inform the PET center staff prior to your appointment.

Notes: Please arrive at the facility at your scheduled appointment time. The appointment time that you are given has time built in for paperwork; therefore, you do not need to arrive early. Because we special order our doses custom to each patient and the time of their appointment, arriving early will not assist in being scanned any sooner. Wear loose fitting clothing with no metal buttons, zippers, snaps, etc. The center tends to be cold, so dress warm.

High Protein / Low Carbohydrate Diet Guidelines

<u>High Protein Foods</u>		<u>Foods to Avoid</u>		
Eggs (any style)	Bacon	Refined sugar	Muffins	Fruit & fruit juices
Sausage	Steak	All sodas	Cereal	Oatmeal
Chicken	Salmon	All breads	Corn	Pasta
Vegetables		Chips	Granola	Peas
Tossed salad with a vinaigrette type dressing		Granola	Rice	Potatoes
		Pretzels	Tortillas	etc.

Please feel free to contact the PET/CT department with any questions at (405) 928-2900.