

Preparation Instructions for your PET/CT Scan

Two days before your scan:

- Eat a high protein/low carbohydrate diet.
- No exercise or physical activity.

One day before your scan:

- Continue the high protein/low carbohydrate diet
- Take medications (non-diabetic) with water, as needed. No sugar based medications, such as cough syrups.
- Stop eating 12 hours before your appointment. No gum, mints or vitamins. You may drink water only.

The morning of your scan:

- Continue to fast. (Water only. No food, gum, mints, or vitamins.)
- Take medications as needed, with water only. (Do not take diabetic medications or syrup-based medications)
- Wear warm, comfortable clothing. (No metal or snaps)

High-Protein/ Low-Carbohydrate Diet

The quality of your scan may be improved if you follow a high-protein, low-carbohydrate diet 48 hours before your scan.

You may enjoy a variety of proteins and vegetables, such as:

- Chicken or fish without breading
- Pork, including bacon or ham
- Beef
- Tofu
- Eggs/cheese
- Green vegetables (<1 cup/meal)

Please avoid sugars and carbohydrates, such as:

- Fruit and fruit juices
- Milk/cream
- Bread/rolls/cakes
- Yogurt
- Rice/pasta
- Potatoes/corn/carrots
- Alcoholic beverages



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PET/CT Scan

Positron Emission Tomography
with CT Fusion

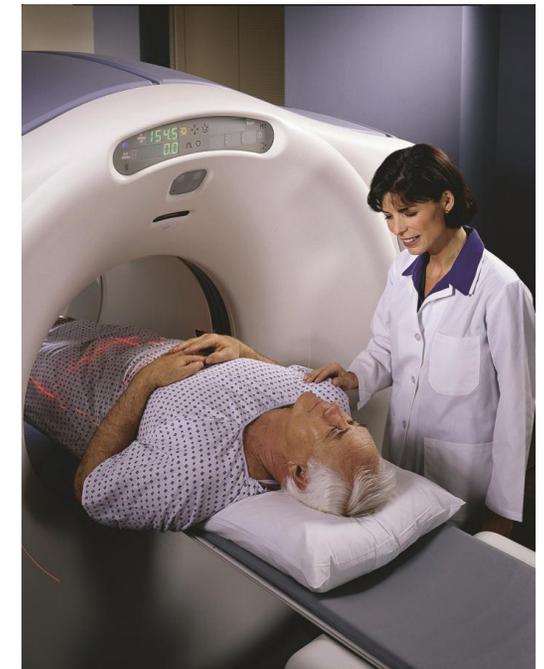


Photo courtesy of GE Healthcare

What is a PET/CT Scan?

- A positron emission tomography (PET) scan is an imaging test, combined with a CT scan, that can help reveal how your tissues and organs are functioning.
- A small amount of radioactive tracer (FDG) is injected into a vein in your arm. More of this material will accumulate in areas of your body that use more sugar (also called glucose.)
- This often corresponds to areas of disease and shows up as bright spots on the PET/CT scan.

The Procedure:

- You will need to follow a high-protein, low-carbohydrate diet for 2 days before your scan. (See instructions on back of this pamphlet)
- The entire process will take about 2 ½ hours.

- Register on 1st floor, Buck Pavillion and then check in at the Radiology Department on 5th floor, Buck Pavillion.
- Your blood sugar (glucose) will be tested to make sure it is below 150 mg/dL. If it is too high, you may need to be rescheduled.
- You will receive an IV injection of FDG and rest quietly for 60 minutes.
- Next, you will have your scan. It will take approximately 45 minutes, then you can leave.
- A radiologist will interpret your images and send the results to your doctor.

Please follow-up with your doctor's office if you have not received your results within two business days.

Importance of following the prep:

- Because the PET/CT scan uses a sugar molecule to detect abnormalities, an increased blood sugar level may lower the

quality of the test. This means disease could be missed.

- A blood sugar level below 150 mg/dL is needed for an accurate test.

If you do not have diabetes, you will be able to achieve a glucose level of less than 150 mg/dL, simply by following the prep.

If you are diabetic, you will need to follow additional instructions to ensure you are properly prepared for the PET/CT scan.

Diabetic patients:

- If you are diabetic and have not received additional instructions for the PET/CT scan, please call us at 206-223-6901. ☎
- If on the day of the test, your blood sugar is less than 70mg/dL or greater than 150mg/dL, please call us to discuss.
- If you are experiencing symptoms of hypoglycemia, please treat as necessary and call us to reschedule.