SWEDISH

PET/CT IMAGING AT
SWEDISH CANCER INSTITUTE

Preparing for **Your PET/CT Visit**

Your physician has ordered a PET/CT exam for you. A PET/CT exam is one of the most powerful imaging tools that physicians can use to help diagnose and treat patients with cancer and other diagnoses. The team at PET/CT Imaging at Swedish Cancer Institute is committed to providing superior service. You can rest assured that this facility will meet the highest level of patient safety standards and image quality.

Please follow these instructions to prepare you for your PET/CT Exam. Proper preparation is the key to obtaining optimal PET/CT scan images.

72 Hours Prior to Your PET/CT Exam

- If you are diabetic, let the PET/CT coordinator know as soon as possible. If you have diabetes, track your blood glucose levels for three days prior to your procedure. Whenever possible, we would like your blood sugar to be below 150 mg/dl.
- If you are claustrophobic and need anti-anxiety medications while having this procedure, please obtain a prescription from your physician beforehand so you can bring the medication with you. We are not able to provide it for you on the day of your procedure.

48 Hours Prior to Your PET/CT Exam

- No strenuous exercise (aerobic, weight-lifting, treadmill, etc.) for 48 hours prior to your procedure.

24 Hours Prior to Your PET/CT Exam

- High fat, high-protein, no starch (no sugar) diet 24 hours before the procedure (no food 12 hours prior to your exam).

Dietary Preparations (24 hours prior)

DO NOT EAT:

- *Bread, pastry, cereal and pasta*
- *Fruits (no tomatoes)*
- *Desserts, muffins, crackers, candy, cookies, cakes, ice cream, yogurt, jams, jellies and honey*
- *Soft drinks, milk, soy milk, tonic water, juices, beer and other alcoholic beverages*
- *Starchy vegetables (rice, potatoes, corn, lima beans, soy beans, parsnips and peas)*

YOU MAY EAT:

- *Meats (beef, chicken, lamb, pork, fish) and tofu; do not use sweet sauces and do not bread the meat*
- *Eggs prepared without milk*
- *Cheese, butter, mayonnaise and unsweetened peanut butter*
- *Non-starchy vegetables (broccoli, asparagus, spinach, green beans and cauliflower)*
- *Nuts, excluding honey roasted*

- No common cold medications 24 hours beforehand
- Please let us know at least 24 hours prior to your exam if you need to reschedule.

12 Hours Prior to Your PET/CT Exam

- DO NOT eat anything for 12 hours prior to your procedure (this includes no food, gum, breath mints, coffee, tea or anything with calories).
- Consume **ONLY** water (non-carbonated) for 12 hours prior to your arrival.
- All necessary medications may be taken with water (if you are diabetic please check with our PET/CT coordinator before taking diabetes medication).
- No smoking or use of nicotine products for preferably 12 hours or at least four hours before arrival. If you take medication containing nicotine, let your PET/CT coordinator know immediately; call 206-215-6487.

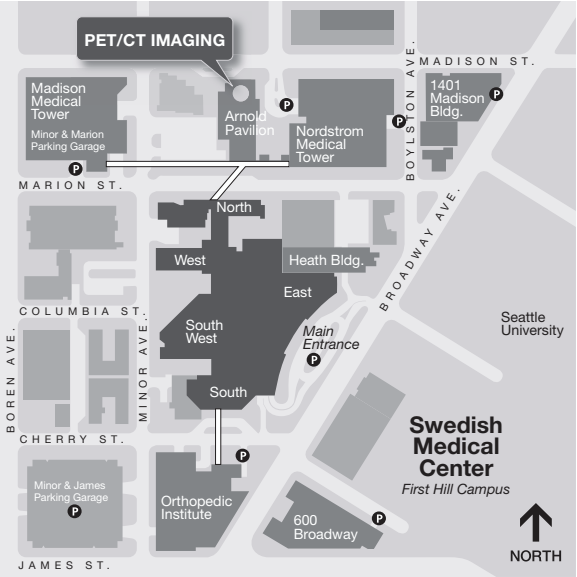
(continued)

Day of Your Exam

- Unless directed otherwise, take all your usual medication (except Metformin) with water the morning of your procedure.
- Please ARRANGE TO be here at your check-in time. This is important because your scan requires a time-sensitive injection that has been specifically ordered for you. If you are late, your appointment may have to be rescheduled.
- Plan on being here approximately 2-2½ hours (scan times vary from 20-60 minutes depending on your doctor's orders).
- Wear warm, loose-fitting clothing without metal (i.e., zippers, snaps, buttons, clasps and metal under-wire); please leave all jewelry/watches at home.
- You may bring CDs or an MP3 player to listen to relaxing music during your wait period. Reading and other activities are NOT allowed.
- Family members and/or friends may accompany you to your appointment; however, they will be asked to leave prior to the injection for the exam.
- A radiopharmaceutical will be administered through an i.v. Following this injection, you will rest in a private room for 45 to 60 minutes.
- You will be asked to drink oral contrast during this one-hour wait period; the oral contrast may cause you to have loose stools.

After Your Exam

- Drink plenty of fluids for the rest of the day to clear out any residual radiopharmaceutical from your body.
- You may resume your regular diet and regular activities.
- You may experience loose stools from the oral contrast.
- Your images will be interpreted by a board-certified radiologist and the results will be sent to your physician within 24-48 hours. You will discuss the results with your ordering physician.



Driving Directions

From I-5 heading north:

- Take exit 164A (Dearborn St./James St.) toward Madison Street. Initially stay in the left lane on the exit and then follow signs toward Madison Street.
- Turn right onto Madison Street.
- Go up the hill on Madison Street 1½ blocks past Boren Avenue.
- Turn right into the circle drive for the Nordstrom Medical Building parking garage.
- Take the sidewalk from the parking garage to the Arnold Pavilion.

From I-5 heading south:

- Take I-5 Exit 166 (Stewart St.)
- Continue on Stewart St.
- Turn left onto Boren Avenue. Continue on Boren to Madison Street.
- Turn left onto Madison Street.
- Go 1½ blocks, then turn right into the circle drive for the Nordstrom Medical Building parking garage.
- Take the sidewalk from the parking garage to the Arnold Pavilion.

If you have any questions, please call us at 206-215-6487 and we'll be happy to assist you.

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Arnold Pavilion
1221 Madison St., Suite 150
Seattle, WA 98104
T 206-215-6487

www.swedish.org/petct

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