

APPOINTMENT DATE: _____

CHECK-IN TIME: _____

Preparing for Your PET/CT Visit

PET/CT (18F-FDG) Brain Imaging – Oncology

Your physician has ordered a PET/CT exam for you. A PET/CT exam is a powerful imaging tool that physicians can use to help make decisions and manage treatment for patients with cancer and other diagnoses. The team at PET/CT Imaging at the 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.

Follow these instructions to prepare for your PET/CT exam. Proper preparation is the key to obtaining optimal PET/CT images.

72 HOURS PRIOR TO YOUR PET/CT EXAM

- Call the PET/CT coordinator if:
 - You have **diabetes** and take diabetic medications.
 - You take medications with **nicotine**.
 - You take **anti-anxiety medications**.
 - You take **prescription pain medications**.
 - You have any questions.
- If you are diabetic, monitor your blood glucose levels for three days prior to your exam. We would like your blood sugar to be below 150 mg/dL.
- If you are claustrophobic and need anti-anxiety medications for your exam, obtain a prescription from your physician. You will need to bring the medication with you to your exam. We are not able to provide the medication for you.

48 HOURS PRIOR TO YOUR PET/CT EXAM

- No strenuous exercise for 48 hours prior to your exam; examples include aerobics, jogging, cycling, weightlifting, treadmill, yard work, etc.
- Regular activities are okay. Physical therapy is okay.

24 HOURS PRIOR TO YOUR PET/CT EXAM

- You will need to be on a **high fat, high protein, no starch/sugar** diet during the 24 hours before your exam.
- Follow the **dietary guidelines** provided.

SIX HOURS PRIOR TO YOUR PET/CT EXAM

- **DO NOT eat anything for the six hours prior to your exam.** This includes food, candy, gum, mints, coffee, tea, juice, flavored water, vitamins/supplements or anything with calories. Be sure your last meal is finished six hours before your exam.
- You may take your medications with water. If you are **diabetic**, see **SPECIAL PREPARATION FOR DIABETIC PATIENTS** section. If your medication requires it being taken with food, wait to take those medications until after the exam.
- You are encouraged to **drink plain water**, unless a physician has placed you on a fluid restriction.
- **No smoking or use of nicotine products.**

DAY OF YOUR PET/CT EXAM

- Arrive at PET/CT Imaging at Swedish Cancer Institute at your check-in time. This is important because your exam requires a time-sensitive injection that has been specifically ordered for you. If you are late, your appointment may have to be rescheduled.
- You may take your medications with water. If you are **diabetic**, see **SPECIAL PREPARATION FOR DIABETIC PATIENTS** section. If your medication requires it being taken with food, wait to take those medications until after the exam.
- Family members and/or friends may accompany you to your appointment; however, they will be asked to wait in the lobby prior to the injection for your exam.
- There are two parts to the PET/CT exam.
 1. For the first part of the exam, a radio-pharmaceutical will be administered through an IV (or port if you have one and have it accessed before your exam). Following this injection, you will rest in a private room for 45 minutes. You may bring music or podcasts to listen to during your rest period. **No reading**, surfing the Internet, or other such activities will be allowed during your rest period. After your rest period, you will need to lie flat on the PET/CT exam table for 12-15 minutes.
 2. For the second part of the exam, you will need to return to the department four hours after your check-in time. During this interim period, you may wait in the lobby or somewhere nearby. You may eat a small meal. Once you have returned, you will again need to lie flat on the PET/CT exam table for 12-15 minutes.
- The first part of your appointment will last about 1 hour 45 minutes to 2 hours 15 minutes. The second part will last about 30 minutes. Overall, your total time from start to finish will be about 4½ hours.

AFTER YOUR PET/CT EXAM

- Drink plenty of fluids for the rest of the day.
- Resume your regular diet and activities.
- Your exam will be interpreted by a board-certified radiologist, and the results will be sent to your physician within 24-48 hours. Your physician will discuss the results with you.

DIETARY GUIDELINES FOR PREPARATION FOR YOUR PET/CT EXAM

During the 24 hours before your exam, your diet should be **high fat, high protein, no starch/sugar**. This will optimize the images on your exam.

Suggested dietary options:

- Meats, including beef, chicken, turkey, lamb, pork, fish (no breading or sweet sauces)
- Tofu
- Eggs (no milk)
- Cheese, butter, mayonnaise
- Peanut butter, unsweetened
- Non-starchy vegetables, including broccoli, asparagus, spinach, green beans, cauliflower
- Nuts, raw or dry roasted (no honey roasted)

Avoid:

- Bread, pastries, bagels, muffins, rolls, crackers
- Cereal, oatmeal
- Pasta/pizza, tortillas, rice
- Fruits
- Starchy vegetables, including potatoes, corn, lima beans, soy beans, parsnips, peas, carrots
- Chips
- Desserts, muffins, crackers, candy, cookies, cakes, ice cream, yogurt
- Jams, jellies, honey
- Soft drinks
- Coffee, tea, milk, soy milk, juices, tonic water
- Alcoholic beverages, including beer, wine, spirits
- Gum, mints
- Vitamins, supplements, or common cold medications

DRIVING DIRECTIONS

From I-5 heading north

- Take exit 164A (Dearborn Street/James Street) toward Madison Street. Follow signs toward Madison Street.
- Turn right onto Madison Street.
- At the intersection of Madison Street and Summit Avenue, turn right into the circle drive for parking for Nordstrom Tower, Arnold Pavilion and the Swedish Cancer Institute.
- Take the sidewalk from the parking garage to the Arnold Pavilion/Swedish Cancer Institute.

From I-5 heading south:

- Take exit 166 (Stewart Street). Continue onto Stewart Street.
- Turn left onto Boren Avenue.
- Turn left onto Madison Street.
- At the intersection of Madison Street and Summit Avenue, turn right into the circle drive for parking for Nordstrom Tower, Arnold Pavilion and the Swedish Cancer Institute.
- Take the sidewalk from the parking garage to the Arnold Pavilion/Swedish Cancer Institute.

If you need to reschedule your PET/CT exam, call the PET/CT coordinator at least 24 hours before your exam.

SPECIAL PREPARATION FOR DIABETIC PATIENTS

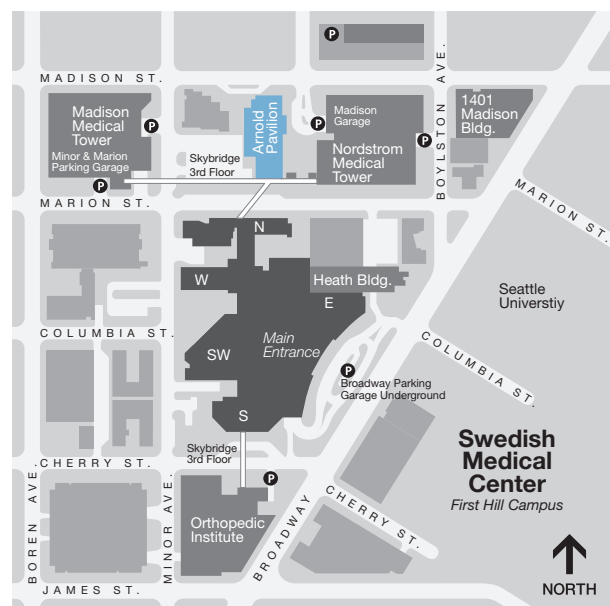
Diabetic medication guidelines:

DO NOT TAKE FOR THE SIX HOURS before your exam:

- Insulin
- Metformin (Glucophage)
- Medications with Metformin (i.e., Janumet)

All other oral diabetic medications are okay to take before your exam.

If you feel symptoms from low blood sugar, drink some juice (even during the six hours prior to your PET/CT exam)



PET/CT IMAGING AT SWEDISH CANCER INSTITUTE

Arnold Pavilion

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<https://www.swedish.org/services/cancer-institute/our-services/pet-ct-imaging>

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

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