

APPOINTMENT DATE: _____

CHECK-IN TIME: _____

Preparing for Your PET/CT Visit

PET/CT (18F-FDG) Body Imaging

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 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 on page 2. 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 the 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 on page 2. If your medication requires it being taken with food, wait to take those medications until after the exam.

- Wear warm, loose-fitting clothes without metal (i.e., zippers, snaps, buttons, clasps, metal underwire).
- Leave all jewelry/watches at home.
- 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.
- A radiopharmaceutical 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 60 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.
- You may be asked to drink oral contrast during your rest period. The oral contrast may cause you to have loose stools or constipation.
- After your rest period, you will need to lie flat on the PET/CT exam table for at least 20-30 minutes, up to 75 minutes, depending on the exam ordered.
- Your appointment will last about 2 to 2½ hours.

AFTER YOUR PET/CT EXAM

- Drink plenty of fluids for the rest of the day.
- Resume your regular diet and activities.
- You may have loose stools or constipation related to the oral contrast.
- 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.

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)

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.



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>

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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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