

ONCOLOGY PET | CT SCAN

Patient Prep Instructions



Description

An oncology Positron Emission Tomography/Computed Tomography (PET/CT) Scan is used to diagnose a variety of cancers by using a radioactive tracer called F18 FDG. The FDG is inserted through a vein in your arm using an IV. The FDG attaches to cancer cells. The scan shows which cells have absorbed the FDG. There are no side effects from this tracer. A special diet and some minor restrictions are required to ensure the best possible scan. The FDG is specifically created and flown up daily from Seattle for your appointment. If the flight is delayed, there may be delays to your appointment time.

24 Hours Prior to Exam (Day Before)

- Confirm your appointment by NOON the day before your exam. Your appointment may be cancelled if we do not receive personal verbal confirmation.
- Follow a high protein, low carb, no sugar diet (see recommendations).
- Drink plenty of plain clear water - no flavors.
- No chewing gum, breath mints, cough drops or cough syrup.
- Do not engage in exercise - running, biking, snow removal, housework or massages.

Foods Recommended

- All meats (unbreaded)
- Seafood (unbreaded)
- Eggs, tofu, unsweetened peanut butter
- Butter, margarine, oil, mayonnaise, vinegar
- Non-starchy vegetables: lettuce, asparagus, broccoli, cauliflower, cucumber, spinach, mushrooms, onions, bell peppers, green beans, celery, artichoke, cabbage, garlic, arugula, Swiss chard, zucchini

Foods NOT Recommended

- Breads, pastries, cereal, pasta, muffins, candy, granola
- Potatoes, rice, pizza, pretzels, chips
- All fruit: tomatoes, fruit juices, jams, jellies
- Honey, syrup, dressings, gravies
- Soft drinks, milk, soy milk, tonic water, flavored water
- Alcohol, energy & sports drinks
- Starchy vegetables: corn, lima beans, soy beans, peas, yams, carrots

Exam Day Diet | Non-Diabetic

NO FOOD 5 hours prior to appointment.

Exam Day Diet | Diabetic

Eat a light, high-protein snack (i.e., 2 eggs or a small portion of meat) 4 hours prior to your appointment.

Exam Day Instructions | All Patients

- Drink plenty of water day prior and day of appointment.
- Take daily medications.
- Do not smoke or use nicotine products 5 hours prior to your exam.
- Wear loose warm clothing without zippers, snaps or metal.
- Remove all jewelry and leave at home.

What to Expect Day of Exam

Please plan to arrive 10 minutes prior to your appointment and check in with the Concierge. The PET/CT Technologist will escort you to a quiet room to begin your study. You will be injected with a radio-isotope and then you will be asked to relax quietly for 1 hour. After this period, you will transition to the scan room for your 20-30 minute scan. The entire appointment will last approximately 2 ½ hours.

After Your Exam

You can eat, drink and resume your normal activities after your exam is completed. We recommend that you minimize contact with pregnant women and children 6-8 hours after exam is finished.

Results

Results will be read by our radiologist and a report will be faxed to your physician's office within 24-48 hours.

Questions

Please contact our office at 907-222-4624 for questions. 24-hour cancellation notice is required.

Notify our office as soon as possible if you are unable to keep your appointment.