

PET-CT Scan

(Positron Emission Tomography and Computed Tomography)

PATIENT INFORMATION SHEET

What happens at the appointment?

- You will receive an injection of a small amount of radioactive medication. This radioactive medication is similar to sugar (glucose) and will travel throughout your body. 45-60 minutes after receiving the medication, we are able to take images of your whole body. The scan itself will take approximately 30 minutes to complete.
- The PET images will provide important functional information about your body while the low-dose CT will provide important location information.
- The entire appointment will take 2 - 3 hours to complete.

PET-CT scan preparation

Starting 24 hours before your appointment:

- Follow a high protein, low carbohydrate diet.
- Choose high protein foods such as non-breaded chicken, turkey, pork, lamb, fish and shellfish, eggs, cheese, and cottage cheese.
- Choose low carbohydrate vegetables such as asparagus, broccoli, green beans, cauliflower, salad greens (lettuce, spinach, etc.) and zucchini.
- Avoid high carbohydrate and high sugar foods. These include all fruits, milks (including sweetened plant-based milk alternatives), yogurts, breads/baked goods, grain products (pasta, rice crackers, etc.), desserts, candies (including chewing gum), soft drinks, and sugar containing condiments (jams, jellies, ketchup, etc.).
- Avoid oral nutrition supplements such as Ensure or Boost. If you use oral nutrition supplements as your main source of nutrition, please speak with your Registered Dietitian.
- Do not perform any vigorous exercise or workouts.

For non-diabetic patients

- Do not eat for **5 hours prior** to your appointment. This includes candies and chewing gum.
- You can drink plain water during this time.

For diabetic patients:

- Do not eat for **4 hours prior** to your appointment. This includes candies and chewing gum.
- You can drink plain water during this time.
- If you take medication to control your diabetes, do not take it within **3 hours** of the appointment.
- If you start to feel symptoms of low-blood sugar, you may take your normal steps to improve your condition.
- Blood sugar level needs to be less than **11 mmol/L** at your appointment. If you are unable to achieve below 11 mmol/L (please call 905-895-4521 ext 6087 to reschedule).

If you take medications:

- You may take your regular medications, on-time, with plain water.

If you are claustrophobic:

- If needed, you may ask your referring physician for a sedative (e.g. lorazepam - Ativan) for the appointment. If you do take a sedative, you will also need someone to drive you home after.

For female patients:

- Before starting your test, please notify the technologist if there is a possibility that you are pregnant or if you are currently breastfeeding.

Clothing for the appointment:

- Wear loose/comfortable clothing. Avoid wearing jewelry and clothing with buttons or metal zippers.

After your appointment:

- You may resume your regular diet.
- For the rest of the day, drink lots of fluids and empty your bladder often. This will help your body get rid of the radioactive medication.