

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:

- Eat a high-protein diet such as eggs, chicken/turkey breast, lean beef, shellfish, non-breaded fish, low-fat dairy (cheese/milk/yogurt). Eat high-protein vegetables such as spinach, broccoli, mushrooms, brussel sprouts, cauliflower, asparagus and green peas.
- Avoid high-carbohydrates or sugar products, including artificial sweeteners. This would include canned or whole fruit, cereal, potatoes (including chips/french fries), pastas, breads/muffins, and soft drinks.
- Do not perform any vigorous exercise or work-outs.

For non-diabetic patients	For diabetic patients:
<ul style="list-style-type: none">• Do not eat for 5 hours prior to your appointment. This includes candies and chewing gum.• You can drink plain water during this time.	<ul style="list-style-type: none">• 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 2564 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.