

# 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	For diabetic patients:
<ul style="list-style-type: none"> <li>Do not eat for <b>5 hours prior</b> to your appointment. This includes candies and chewing gum.</li> <li>You can drink plain water during this time.</li> </ul>	<ul style="list-style-type: none"> <li>Do not eat for <b>4 hours prior</b> to your appointment. This includes candies and chewing gum.</li> <li>You can drink plain water during this time.</li> <li>If you take medication to control your diabetes, do not take it within <b>3 hours</b> of the appointment.</li> <li>If you start to feel symptoms of low-blood sugar, you may take your normal steps to improve your condition.</li> <li>Blood sugar level needs to be less than <b>11 mmol/L</b> at your appointment. If you are unable to achieve below 11 mmol/L (please call 905-895-4521 ext 6087 to reschedule).</li> </ul>

**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.