

FDG PET SCAN

PATIENT INSTRUCTIONS

Name: _____

Referrer: _____

Appt Date: _____

Appt Time: _____

Exam Preparation:

- **Fast from all food and drink except water** for 6 hours prior to your appointment, however, if you are diabetic, please inform staff as soon as possible and see guide below:
 - Diet-Controlled Only: No special preparations (as for non-diabetic patients).
 - On Oral Diabetes Medications or Non-Insulin Injections (Byetta, Trulicity, Victoza, Ozempic, Saxenda): Usual 6hr fast and take diabetic tablets at usual time on empty stomach if tolerated, EXCEPT for metformin/diaformin/diabex/metex which should be withheld for 2 days prior if possible.
 - On Insulin Injections: Have a normal breakfast with **usual** morning insulin dose at 7-7.30am and then fast from food and drink except water. It is very important this is adhered to as non-compliance may mean the scan has to be rescheduled.
 - On Insulin Pump: Fast from midnight and continue the usual basal rates on the pump.
- Drink plenty of water only for hydration (at least 500ml prior to arrival).
- **Regular medications are to be taken as usual (except diabetic medications as above).**
- Please wear warm, loose-fitting clothes and remove all metal and jewellery.
- No long-distance driving, chewing gum or excessive talking prior to your examination.
- Please keep warm and refrain from strenuous exercise for 24hrs prior to your examination.
- Please bring your referral, any relevant previous imaging external to Sydney Adventist Hospital (i.e. CT, MRI, PET-CT, U/S) and Medicare card to your appointment.
- We will telephone you to confirm your appointment one (1) business day prior. Please ensure we have your correct contact details, and you reply to any voicemail messages left.

Examination Details:

- The duration of the examination is approximately 2.5–3 hours.
- A cannula will be inserted, and a blood sugar level will be taken.
- You may be given some water or oral contrast to drink. The technologist will give the radioactive injection via the cannula, and you will be instructed to lie quietly in a room for approximately 50-60 minutes.
- Following this, you will be taken to the scanning room for your scan that will take approximately 10–20 minutes.
- Occasionally a diagnostic CT scans will be performed while you are on the scanner which commonly has a contrast injection.
- Please note, we ask patients to keep their distance from staff to avoid unnecessary radiation exposure and all patients are asked to sit on the toilet while using the bathroom to avoid spillage.
- A report will be available to your referring doctor 24–48 hours following the completion of your examination.

Upon arrival for your appointment, please follow signs to Tulloch Building, Suite 216, Level 2 and present to The Robert & Jeanne Szeto PET-CT Centre.

Please Note: Due to the complex nature of the examination and same day production of isotopes unforeseen delays or cancellations can occur. It is therefore very important that all instructions are followed to help prevent such circumstances.

Should you have any questions please contact

The Robert & Jeanne Szeto PET-CT Centre on 9480 9850