

REMEMBER

Avoid high carbohydrate & starchy foods.

Drink plenty of water.

Nothing but water by mouth for six hours before scan.

DIETARY INSTRUCTIONS:

Note: These are general guidelines only. Patients with special dietary requirements, such as those with diabetes or high cholesterol, should check with their doctor before making any changes to their diet.

The quality of your PET/CT is greatly affected by the level of sugar in your blood. As a result, the diet you eat the day before makes a BIG difference in the quality of the pictures we can get. Please follow this suggested diet as closely as possible to ensure the best scan possible.

It is recommended that you follow a high protein, low carbohydrate diet the evening before and morning of the scan.

HIGH PROTEIN FOODS OPTIONS INCLUDE:

- Baked or grilled steak, pork loin, corned beef or ham
- Baked or grilled chicken or turkey
- Baked or grilled fish
- Grilled or boiled shrimp, lobster or crab
- Eggs

VEGETABLE OPTIONS:

- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Lettuce
- Mushrooms
- Onions
- Olives
- Radishes
- Spinach
- Tomatoes
- Turnips

PLEASE AVOID HIGH CARBOHYDRATE AND STARCHY FOODS SUCH AS:

- Potatoes, pasta, rice, bread, chips, grits, oatmeal
- Milk, cream/cream substitutes, ice cream, cheese, yogurt, whipped cream, dips, non-clear salad dressing
- Diet dairy products, instant breakfast drinks
- Fruit and fruit juices
- Sugar, candy, breath mints, chewing gum – including sugar-free varieties

SAMPLE MENUS

Dinner (Night Before PET/CT scan)

Grilled fish
Steamed broccoli
Tomato and cucumber salad
Regular Italian dressing (not creamy)
Water

Breakfast* (Day of PET scan)

Bacon and/or sausage
Eggs (any style)
Black Coffee (no sugar/no creamer)
Water

**Do not eat any food within the six hours before your scan.*

Remember: Drink plenty of plain water

No chewing gum, candy mints, breath mints or anything other than water in your mouth for six (6) hours before the scan.

APPOINTMENTS AND CANCELLATION

Patient's Name:

PET/CT scan injection is scheduled for

_____ a.m / p.m.

on _____ (date)

at the Baton Rouge location of Mary Bird Perkins Cancer Center.

Please make every effort to keep your scheduled appointment, report to the Center on time, and plan for unforeseen delays.

You must notify Mary Bird Perkins Cancer Center (225-215-1108) before 3:00 pm the day prior to your appointment if you need to change your appointment day or time.



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PATIENT INSTRUCTIONS:

PET/CT

SCAN





WHAT IS A PET/CT SCAN?

The Discovery ST is a PET/CT imaging system that blends two essential and complementary medical imaging technologies into one life-changing scanner. The system has the unique ability to capture two types of medical images with one machine – computed tomography (CT) and positron

emission tomography (PET) – at the same time. The system combines the two images into one single image and presents combined results to aid physicians in making treatment decisions. On the CT image, the physician sees the body’s anatomic structure. On the PET image, the physician sees how the body is functioning. When combined into a PET/CT image, the patient’s complete picture is revealed. Because the two imaging technologies are merged into one scanner, physicians gain exceptional images that would normally take two scanners twice the time to accomplish. Plus, with the patient lying in exactly the same position during the exam, the images mesh perfectly.

WHAT SHOULD I EXPECT WHEN I ARRIVE?

For the PET portion of the exam a small amount of radioactive glucose will be injected into your bloodstream. There is no danger to you from this injection. Glucose (also known as sugar) is a common substance every cell in your body needs in order to function. Radioactive glucose loses its radioactivity very quickly and only very small amounts are injected. In all cases, little or no radioactivity will remain in your body 8 hours after injection. After the injection, you will be asked to wait approximately 1



hour while the injected material is distributed throughout your body. During this time you will be placed in a quiet room alone so that you may relax.

Since it is important for you to lie quietly for an hour before and during your scan, you will be offered a mild oral sedative prior to the tracer injection. If you elect to take this sedative, you will need a family member or friend to accompany you to the Center so that they will be able to drive you home.

WHAT WILL THE SCAN BE LIKE?

You will lie on a comfortable padded table. The table will move slowly through the tubeshaped PET/CT scanner as it acquires the information needed to generate diagnostic images. You will be asked to lie very still during the scan because movement can interfere with the results. During the scan, you might hear a humming noise but you will not feel anything unusual. You may feel the table move while images are being taken at certain locations on your body. The technologist will monitor you during the exam. The specific details of your upcoming exam will be explained fully by the technologist or your physician.

HOW LONG WILL ALL THIS TAKE?

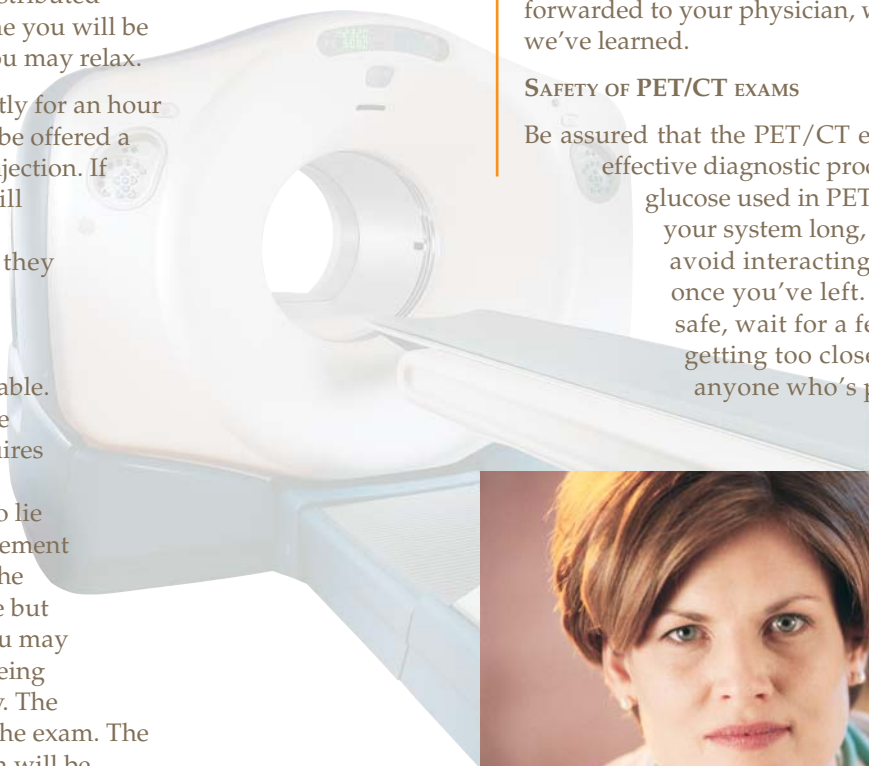
The PET/CT scan should last between 20 and 45 minutes. You should plan to spend approximately 2 hours with us for the entire process.

WHAT HAPPENS AFTER THE EXAM?

You may leave us as soon as the exam is complete. Unless you’ve received special instructions, you will be able to eat and drink immediately. In the meantime, we’ll begin preparing the results for review by our radiologists. The results will be forwarded to your physician, who will tell you what we’ve learned.

SAFETY OF PET/CT EXAMS

Be assured that the PET/CT exam is a safe and effective diagnostic procedure. The radioactive glucose used in PET doesn’t remain in your system long, so there’s no reason to avoid interacting with other people once you’ve left. However, to be extra safe, wait for a few hours before getting too close to an infant or anyone who’s pregnant.



WHAT SHOULD I DO TO PREPARE?

Someone from our office will contact you 2 - 3 days prior to your test to confirm your appointment and answer any questions you may have. However, for your comfort and peace of mind, please be sure to follow these instructions:

- Tell your doctor if you are pregnant or think you may be pregnant, or if you are a nursing mother.
- Wear comfortable clothing – elastic waist, no metal.
- If you are diabetic, you may need to follow special guidelines, such as taking a reduced dose of insulin on the morning of the scan. Please call 225-215-1265 for special instructions regarding your diet and medications.
- Wear your hearing aid, glasses, or dentures to the Center.
- Do not eat or drink anything except water for 6 hours before your exam because it will interfere with the results. Don’t eat breath mints, cough drops or chew gum (even sugar-free varieties) for 6 hours before the procedure.
- Take any prescribed medications on the day of your test unless instructed not to do so.
- No strenuous activity or exercise 24 hours prior to the test.
- Drink two (2) glasses of water before coming to the Center for your scan.

Mary Bird Perkins Cancer Center is committed to providing the latest technology for radiation therapy.