



Frank and Edith Scarpa Regional Cancer Pavilion
1505 West Sherman Avenue
Vineland, NJ 08360

PET/CT INSTRUCTIONS/PATIENT PREPARATION

Dear: _____,

Dr. _____ has ordered a PET/CT (Positron Emission Tomography / Computed Tomography) scan to assist in managing your care.

Positron Emission Tomography, commonly referred to as a PET, is an advanced diagnostic procedure that detects sensitive changes in cellular function in the body. A CT, sometimes called CAT (Computed Axial Tomography) scan, is an X-ray imaging procedure that produces structural images of your internal organs with greater clarity than conventional X-ray images.

PET/CT can assess abnormalities of the heart and brain, as well as identify areas of cancer through out the body. Together, PET and CT can be used to diagnose and manage disease with greater accuracy.

We ask that you follow the below instructions carefully:

DAY PRIOR TO EXAM:

1. Drink six (8-oz.) glasses of water
2. No strenuous activity or exercise in order to decrease muscle activity on the scan.
3. No sugars, including beverages, candy, fruit, juices or sweeteners.
4. Eat a high protein, low carbohydrate meal, such as steak, chicken or fish.
Avoid pasta, bread and rice.

DAY OF THE EXAM:

1. Drink three (8-oz.) glasses of water.
2. Do not eat OR drink anything besides unflavored water for 6 hours prior to exam & NO cough medications since they frequently contain sugar.
3. No caffeine, smoking or alcohol for 12 hours prior to exam.
4. Bring a list of your medications.
5. Bring any prior CT, MRI or PET/CT films and reports with you if they were performed at an outside facility. If you do not have the scans or reports, please bring a list of any studies that you have and where they were performed.
6. No gum chewing.
7. Tell your physician if you think you are pregnant or have not had a menstrual cycle

within 21 days of your exam.

You may be required to have a pregnancy test administered prior to the exam.

8. Wear comfortable, loose fitting clothing. No metal zippers, buttons or belt buckles.

IMPORTANT INSTRUCTIONS IF YOU ARE A DIABETIC:

Please follow the above instructions a few days before your test. We need to get an idea what your blood sugar is going to be at the time of your test. Please check your sugar in the morning before you take your medicine or have anything to eat and in the afternoon and call us with that information 2 days prior to your appointment. Your glucose needs to be in the range 50-180 mg/dL. If your blood sugar is anywhere below 50 or above 180 we will NOT be able to perform the test. We may have to adjust your appointment time according to your blood glucose. Do NOT take any medication in regards to your diabetes, whether insulin or pills.

A radioactive material called FDG will be injected into a vein. After the injection, a 90 minute rest period in a recliner is necessary. During this time the tracer will circulate throughout the body. After the rest period, you will be positioned on the imaging table and the PETCT exam will begin. It may take 30-60 minutes to complete.

Be prepared to be at the facility for 2-3 hours. If you are unable to keep your scheduled appointment or have any questions, please call the department @ 641-7919

Thank you,

Nicelle

PET/CT Department