

## How do I get ready for this scan?

- **2 days before the scan** – Limit strenuous exercise.
- **Night before the scan** – Eat high protein food like eggs, cheese and meat. Avoid carbohydrates like bread, pasta, cookies and cake.
- **4 hours before the scan** – Do not eat or drink anything. Do not suck candies or chew gum. Continue to drink water only.
- **The day of the scan** – Take any medications that are safe to take on an empty stomach. Do not take any medications that contain sugar.
- Please arrive for you appointment on time.

## If you have diabetes:

- Follow your diet carefully the day before the scan. Check your blood sugar often. Keep your blood sugar below 8.3 mmol/L.

## If you take oral diabetes medication

- Take your diabetes medication 2 hours before your appointment.

## If you take insulin

- Your appointment will be booked for late morning. Eat a sugar-free breakfast and take your usual insulin dose 4 hours prior to your appointment.

### FOR ALL FEMALES:

When you are contacted by the PET/CT Department to remind you of your appointment, let them know if you are breastfeeding or may be pregnant.

## ON THE DAY OF YOUR APPOINTMENT

Date: \_\_\_\_\_

Time: \_\_\_\_\_



Please report to the Imaging Research Centre 15 minutes prior to your appointment time.

Imaging Research Centre  
Fontbonne Building  
Level 0, Room F129  
Charlton Campus



Don't forget to allow time for parking.



If you have any questions or need to cancel your appointment please call:

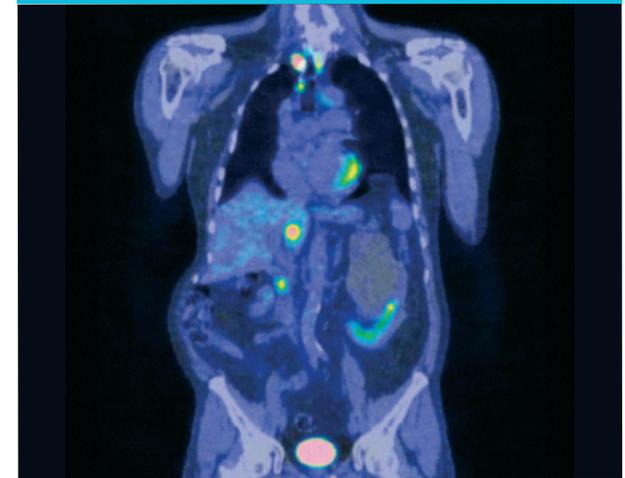
PET/CT Department  
905-522-1155 ext. 32746

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ST. JOSEPH'S HEALTHCARE HAMILTON

# Getting Ready for a PET/CT Scan

## Questions, Answers and Preparation Information for Patients



St. Joseph's  
Healthcare  Hamilton

[www.stjoes.ca](http://www.stjoes.ca)

## About Molecular Imaging

Molecular imaging is a type of medical imaging that provides detailed pictures of what is happening inside the body at the molecular and cellular level. Where other diagnostic imaging procedures – such as x-rays, computed tomography (CT), and ultrasound – predominantly offer anatomical pictures, molecular imaging allows physicians to see how the body is functioning and to measure its chemical and biological processes.

## What is a PET Scan?

During a PET scan, a radioactive substance called a tracer is combined with a chemical substance – such as glucose – and is injected into the body. The tracer emits tiny, positively charged particles (called positrons) that produce signals. A special camera records the tracer's signals as it travels through the body and collects in organs. A scanner then converts the signals into three-dimensional images of the examined organ. The three-dimensional views can be produced from any angle to provide a clear view of an abnormality.

## How long will I be here?

The scan takes about 30 minutes. The preparation takes longer.

Plan to be here for 2 ½ hours.

## What is a PET / CT scan?

A CT scan is also called Computed Tomography. For a CT, we may inject an x-ray dye called contrast media into your blood. This makes structures inside your body show up better in the pictures.

A PET/CT scan combines the results of both types of scans. When the pictures are put together the results show more details of the diseased tissue.

## What happens when I arrive for my appointment?

- After you register with your health card a member of the health care team will ask you some questions about your health history. The steps of the test will also be explained.
- You then get ready for the scan.
- We inject the tracer into your arm, hand or foot with a small needle.
- You then wait in a quiet and dark room for 1 hour while the tracer goes through your body.
- After 1 hour, we start the scan. You will lie on your back and we will make you as comfortable as we can.
- If we are using dye for the CT part of the scan we put a thin plastic tube into a vein in your arm. This is called an IV. We inject dye into the IV during the scan.

- The bed moves in and out of the scanner. You need to lie still and follow the instructions that we give you.
- When we do the scan, for the CT portion, we may inject you with a contrast material (x-ray dye) that makes your internal structures show up better in the pictures.
- We leave the room, but we can still hear you and see you at all times. We will speak to you through the intercom.
- You will hear some whirring noises from the scanner. These sounds are normal.

## After the Scan?

- You can eat and drink as you would normally.
- If you are injected with dye, the IV will be taken out. Drink lots of fluids for 24 hours, to help flush the dye out of your body.
- If you feel unwell after you leave the hospital, contact the doctor who ordered the scan. If this doctor is not available, contact your family doctor. If your family doctor is not available go to the nearest Emergency Department and tell them you had a PET/CT scan.