

On the day prior to your FDG PET/CT Scan:

- No exercise or strenuous activity for 24 hours prior to test.
- Low carbohydrate, high protein diet the evening before your scan.
If you are diabetic and have a hard time regulating your blood sugar, please do this the entire day before your scan.
- **Foods to stay away from:** *Pasta, bread, potatoes, sweet/desserts, fruit, carrots*
- **Foods you can eat:** *Grilled/baked meats (red, chicken, fish, tuna, shrimp), green vegetables (except peas), eggs, cottage cheese, legumes, nuts*

On the day of your FDG PET/CT Scan:

- Start to finish, this will take 1.5-2 hours.
- **Fast 6 hours prior to your test: *Nothing to eat or drink besides plain water.*** You may drink as much plain water as you'd like prior to your scan. Do not add any flavoring to your water (no flavor packages, fruit, etc.).
- NO caffeine for 6 hours prior to your test. NO chewing gum, cough drops, mints or mouthwash 6 hours prior.
If your scan is scheduled in the afternoon, you may have a high protein, low carb breakfast before your fasting time begins.
- Please do not wear any jewelry or metal on your clothing (small hooks on bra are acceptable – no underwire).
- Dress warmly in loose, comfortable clothing.
- You are welcome to bring books, computers or tablets to help pass the time.

On the day of your FDG Scan:

- Upon your arrival, we will ask you some questions, start an IV, test your glucose and draw labs if necessary.
- We will then give you a quick injection through your IV. Once the injection is complete, the IV will be removed and you will relax for 45-60 minutes while the tracer circulates.
- We will then have you use the restroom to empty your bladder prior to the scan.
- Scan will begin, scanning from the top of your head down to the middle of your thighs. Depending on diagnosis, some patients will be scanned from the top of the head down to the feet.
- Scan takes approximately 20 minutes.

Instructions for diabetic patients:

Please stop taking any medication containing Metformin for 24 hours prior to scan and do not take the day of the test.

We need your blood sugar to be less than 200 to do your scan. If your blood sugar gets very low or high, please call the PET/CT department at 309-243-3417.

- *If you take insulin, please do not take for 6 hours prior to your scan.*
- *If you have an insulin pump, you do not need to change anything.*