

## PATIENT PREPARATION FOR PET CT

Your doctor has requested that you have a PET CT scan. In order to have this test we will need you to carry out instructions before attending for your scan.

### **The Day Before:**

- If you are unable to attend for your scan, it is important that you cancel your scan as soon as possible. The dye used in this test is made especially for you and is very expensive.
- You should limit your carbohydrate intake the day before your scan. (This means that for just one day, reduce the amount of sweet foods and drinks, bread, pasta, rice and potatoes you consume. You do not have to cut carbohydrates out completely)
- Please refrain from strenuous exercise for 24 hours before your scan.

### **On the Morning of Your Test:**

- You must fast from midnight onwards the morning before your scan.
- Take any prescription medication on the day of your scan except medication for diabetes and steroids.
- It is best that you do not drive to the test because you are fasting; have someone drop you off.
- Drink 2-3 glasses of water before you come for your scan.
- You should arrive in the department 30 minutes early in order to promote relaxation.

- If you are breastfeeding, you should express enough milk to do for 24 hours after the test. Someone else should feed the baby for the following 24 hours as close contact with infants should be avoided.
- If you are diabetic, you should wake at 6.30am. Take your morning medication with half a slice of dry toast, this should regulate your blood sugar levels so that they are between 4-10mmol/l for the scan. Bring your medication with you to the test also. If you are Insulin dependent diabetic, you should also bring with you whatever food or drink you normally take if your blood sugar levels become low. (Please contact the Department on **051337444** if you have any concerns/queries regarding your blood sugar levels for the PET/CT.
- If you are in possession of any previous scans you should bring them with you.
- Please wear loose comfortable clothing and leave any valuables at home.
- Bring with you a contact number for a person we can contact when you are ready to be collected. You will be here 3 - 3.5 hours.

*Please contact us at **051337444** if you have any special requirements or questions.*