

Patient Preparation Instructions PET/CT Scan - FDG

Atlantic Health System works diligently to provide you with the care you need. These instructions will help you prepare for your upcoming PET/CT exam. **Please be sure to read and follow these mandatory preparation instructions carefully to ensure you are eligible for the exam upon arrival.** Dietary guidelines must be followed.

If you have any questions or need to cancel your appointment, please call the Nuclear Medicine department as soon as possible. The imaging material is ordered specifically for you 1-2 days prior and will need to be canceled.

Arrive at the hospital 30 minutes before your scheduled appointment to allow for registration and injection of the imaging material. Timing is crucial. Delayed arrival may result in the cancellation of your exam.

What to Bring

- Your insurance card(s) and photo identification
- Your prescription
- Current list of all medications (name, dosage, and frequency). Please include over-the-counter medications, vitamins, and herbal supplements.
- Copies of any recent prior PET, CT, MRI, or Nuclear Medicine bone scan studies sent to AHS via PowerShare or brought on a disc, including both images and written reports if completed outside AHS.

General Instructions

- Please follow the mandatory preparation instructions below.
- Wear comfortable, loose-fitting clothing with no metal snaps, buttons, zippers, sequins, belt buckles, or underwire bras. Please do not wear any jewelry and leave all valuables at home.
- If you are claustrophobic, obtain calming medication from your doctor prior to your appointment. We cannot provide these medications. Please arrange transportation if you intend to take this type of medication as you will not be permitted to drive yourself home.
- If you need a copy of your scan sent to your provider via PowerShare or need a disc copy made, please advise the technologist upon arrival.

Mandatory Preparation Instructions

- No strenuous activity within the **48 hours** prior to the scan (i.e., exercise including aerobics, jogging, yard work, physical therapy, sexual activity, long walks, weightlifting, massages, etc.).
- Do not eat nor drink anything except plain water within the **6 hours** prior to your scan. Do not chew gum, eat mints, candy, or cough drops, or take vitamins during your fast.

- If you have an afternoon appointment, you may eat a **protein breakfast 6 hours** before your scheduled scan time. Do not eat any carbohydrates on the morning of your exam.
- Follow a high protein, low carbohydrate diet for **24 hours** prior to your scan. For further guidance, see “Mandatory Dietary Guidelines” below.
- Take any prescribed medications the morning of your appointment if you do not need to take them with food.
- Do not consume coffee, caffeine, alcohol, or nicotine within **12 hours** prior to your scan.
- *Recommendation:* Stay well hydrated. Drink 4 cups of plain water in the 2-hour period before your scan and hydrate afterward.
- *Recommendation:* Do not take new oral steroids the morning of your scan to avoid high blood sugar. **Please consult your prescribing provider before skipping dose(s).*

Diabetic Patients And Patients on Blood Sugar Lowering Medications

This exam uses a radioactive tracer called Fluorine-18 FDG that acts like glucose in the body. The tracer may not work well if your blood sugar is not well controlled. Your glucose level needs to be under **200mg/dL** at the time of your appointment (**150mg/dL** for MMC patients). The Radiologist will be consulted if your levels are higher.

In **addition** to the instructions listed in the “Mandatory Preparation Instructions” section above, please:

- Check your blood sugar after the overnight fast to make sure it is under **200 mg/dL**. (If your scan is at Morristown Medical Center, it must be under **150mg/dL**). If your blood sugar is higher, please call the Nuclear Medicine department.
- Take your regularly scheduled non-diabetic medications if you do not need to take them with food.
- *Please consult your diabetic care provider about any medication adjustments needed for this scan. See the medication requirements/ recommendations below.*
- If your blood sugar is below 80 md/dL or you have symptoms of low blood sugar, please address your low blood sugar immediately. Do not let your blood sugar go so low that you are unsafe.
- After the scan, resume medications per your diabetic care provider’s instructions.

Diabetic and Sugar-Reducing Medication Recommendations

Metformin or metformin combination medications	• Discontinue Metformin 48 hours before your scan so that the images of your abdomen are clear. • Metformin may also be called: <i>Fortamet, Glucophage, Glucophage XR, Glumetza, Riomet, Janumet, Metaglip, etc.</i> • If you are getting a PET scan of the Brain, do not take Metformin on the morning of your scan.
All oral diabetes medications (Not metformin or insulin)	• For morning appointments, hold the morning dose. • For afternoon appointments, you can take the morning dose as long as it is 6 hours before the exam.

Insulin injections	- Do not take long or intermediate-acting insulin within the 6 hours leading up to your exam. You can take these the night before the exam. (Examples: <i>Humalin, Novalin, Lantus, Levimir</i>) - Do not take short-acting insulin (examples: <i>Humalog, Novalog</i>) within the 4 hours before the appointment.
Insulin pump	- Run the pump at the basal rate for the 4 hours before the exam - Disconnect the pump at the time of imaging
Injectables <i>other</i> than insulin (i.e., Victoza or Byetta)	Do NOT take any injectable medications the morning of your scan.

Mandatory Dietary Guidelines

Your glucose levels must be under **200mg/dL** at the time of your scan. (If your scan is at Morristown Medical Center, it must be under 150mg/dL). These guidelines will help you follow a high protein, low carbohydrate, and low sugar diet within the **24 hours** before your scan.

	ALLOWED	AVOID
Proteins	- Baked or grilled meat (no breading): chicken, turkey, beef, pork, or fish - Egg, chicken, or tuna salad - Eggs or egg substitute - Tofu, bean curd, tempeh	Beans/lentils
Fruits and Vegetables	- Asparagus - Green beans - Broccoli - Cauliflower - Lettuce - Spinach - Cabbage - Mushrooms - Carrots - Onion - Celery - Tomatoes - Cucumbers - Zucchini	- Potatoes - Fresh nor canned fruit - Jam, jelly, preserves - Fruit juice - Corn - Peas
Dairy	- Plain yogurt - Cheese	- Milk - Yogurt with fruit or sugar
Carbohydrates		- Bread, rolls, buns - Crackers, chips, pretzels - Cold and hot cereal - Pasta - Waffles, pancakes - Rice - Pastries - Cake - Cookies - Pies
Sweets, Nuts, and Sauces	Natural & unsweetened nuts and nut butter	- Sugar - Syrup - Honey - Candy - Baked Desserts - Gravy/sauce - Natural nor artificial sweeteners
Beverages	Water	- Soda (including diet soda) - Fruit juice - Alcohol - Nutrition shakes - Smoothies - Caffeinated Coffee

		• Decaffeinated Coffee
Fats	• Oil, margarine, butter	

What to Expect

- You will be with us for about 2 hours.
- You will receive an injection of a radioactive agent which targets disease. The level of radioactivity is extremely low and has no side effects.
- You will then wait in a quiet room for approximately 45-60 minutes.
- During the scan, you will lay on your back without moving for approximately 30 minutes. The scanner will take images of the radioactive tracer in your body.
- Your scan will be reviewed by a board-certified fellowship-trained radiologist within 24-48 hours and the results sent to your physician and available on MyChart. Your physician will then discuss your results with you.

Where to Register

Morristown Medical Center 100 Madison Ave, Level D, Morristown, NJ 07960

Enter through the Goryeb Children's Center Entrance on Franklin St, then follow the signs for Radiology. Goryeb Children's Center is to the left of the Emergency Department. (From Monday-Friday 6 pm-6am, enter through the main hospital entrance and go to Radiology on Kahn Level D.)

Overlook Medical Center 99 Beauvoir Ave, 4th Floor, Summit, NJ 07901

Enter through the main entrance and register at Central Access. Then, go to Radiology's Nuclear Medicine department on the 4th floor.

Chilton Medical Center 97 West Parkway, Pompton Plains, NJ 07444

Enter through the East Entrance located to the right of the Emergency Room entrance. Register at the Radiology Registration desk on your right.

Hackettstown Medical Center 651 Willow Grove St, Hackettstown, NJ 07840

Enter through the West Wing Entrance located in the back of the hospital, then go straight into the Main Hospital.

Rockaway Health Pavilion 333 Mount Hope Ave, Suite 140, Rockaway, NJ 07866

Enter through the Main Entrance and register in Suite 100, located off the main lobby.

Updated: August 23, 2023

Nuclear Medicine

Chilton Medical Center	973-831-5197
Hackettstown Medical Center	908-850-6932
Morristown Medical Center	973-971-5559
Overlook Medical Center	908-522-2067



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