

TO BE READ AND ACKNOWLEDGED BEFORE ANY APPOINTMENT IS SCHEDULED.

F-18 FDG PET/CT whole-body PET/CT scan (Oncology, infection and inflammation imaging)

In order to ensure a good quality scan, the following patient preparation is necessary prior to your FDG PET/CT scan:

Diet:

The day before the study:

A low-starch (low-carbohydrate) diet must be adhered to. If you wish, ONE portion of starch may be eaten with your breakfast only.

The following foods are not allowed:

- Any form of sugar, including fruits, cold drinks, juices, energy drinks (including sugar-free energy drinks) and artificial sweeteners.
- Any starches, including pap, porridge, cereals, rice, bread, crackers and beans.
- Starchy vegetables including carrots, pumpkin, butternut, corn, potatoes, sweet potatoes and peas.
- Limit intake of dairy products such as milk and plain yoghurt. No flavoured milk or flavoured yoghurts are allowed.

The following foods are allowed:

- Proteins such as meat, eggs and cheese.
- Green leafy vegetables and salad, such as tomatoes, cucumbers, mushrooms and peppers.
- Fats such as butter, margarine and oil.

Do not eat anything from 22h00 the night prior to your scan, if your scan is scheduled for the morning. If your scan is scheduled for later in the day, you may eat a small protein-only meal at least 6 hours before your scan (for example, 2 boiled eggs).

No caffeine is allowed for 6 hours prior to the study. You are however encouraged to drink plenty of plain water up until your PET/CT scan.

NB: If you are diabetic:

If you are taking oral medication, such as Glucophage (metformin):

- You may continue with your medication as normal.

If you are taking insulin:

- If your scan is scheduled for early morning, you may take your insulin the night before and remain

- fasted from 22h00. Do not inject any insulin in the morning nor eat in the morning.
- If your scan is scheduled for the afternoon, eat a protein-rich breakfast at 7am with your normal amount of insulin (short-acting only. *If you are unsure, please check with your physician or doctor at TheraMed*). We will only administer your FDG injection 6 hours after your last insulin dose to prevent interference with your scan.

Exercise:

No strenuous exercise is permitted for 24-48 hours prior to your PET/CT scan. This includes sexual activity.

Other:

Please make sure that you are warmly dressed, especially in winter. On the morning of the study and when driving to our practice, keep warm and avoid being in an airconditioned car.

It is important for us to know:

- If you suffer from claustrophobia.
- If you have had recent surgery (ideally, we prefer to wait 6 weeks before proceeding with the PET/CT scan).
- When you received your last chemotherapy or radiation therapy, if relevant (ideally, we need to wait 3-6 weeks post-chemotherapy, and 3 months post radiation therapy, before proceeding with your PET/CT scan).
- Whether you are allergic to iodine.
- Whether you are pregnant or breastfeeding: VERY IMPORTANT! If there is any chance of pregnancy, the scan will be re-scheduled. If you are breastfeeding, you will need to limit contact with your baby for 6-12 hours after the scan. You may however express breast milk and have a partner/family member feed your baby.
- If you had any recent barium examinations (let us know before you come for your appointment).
- If you are on cortisone medication.
- If you are diabetic.

What to bring with you:

- A list of your medication.
- Previous MRI/CT scans that were performed elsewhere.
- Medical aid card and ID card.
- Something to eat AFTER the PET/CT scan has been done.

After the scan is complete, please drink plenty of water and urinate frequently to eliminate the excess radioactivity from your body.

Please note that the duration of the study; for registration, injection and imaging is at least 3 hours.

Please prepared to be at our practice for this duration and possibly longer.

The result of your PET/CT scan will be ready within 1-2 working days. The report will be emailed directly to your referring doctor.