

TO BE READ AND ACKNOWLEDGED BEFORE ANY APPOINTMENT IS SCHEDULED

F-18 FDG PET/CT for cardiac viability

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

Diet:

- Do not eat anything from 22h00 the night before.
- If your study is scheduled for later in the day, you should not eat for at least 6 hours prior to the scan.

NB: If you are diabetic:

If you are taking oral medication, such as Glucophage (metformin), this may be continued as normal

If you are taking insulin, you can take your usual insulin the night before the scan.

It is important for us to know:

- If you suffer from claustrophobia.
- 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 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.