



1705 E. Broadway, Suite 100  
Columbia, MO 65201  
866-724-2413 (toll-free) / 573-874-7800 x 2178

## Patient Instructions for All PET scans

Patient Name: \_\_\_\_\_

has a scan scheduled on \_\_\_\_\_, 20\_\_\_\_. Please arrive at \_\_\_\_\_ AM/PM.

**If you are unable to keep this appointment, please notify us by 2 pm the day prior, so we can cancel your ordered dose.**

To help your physician obtain the quality results from your PET scan it is important for you to plan in advance. The test may be swayed by what you eat or drink, so please avoid consuming anything other than water and prescribed medications **six** hours prior to the scan if you are having a FDG PET scan please follow the directions on the back of this page, if you are having an Axumin or a PET bone scan, please see the preps below

Before your scan, please inform your medical team if you are: diabetic, pregnant or breastfeeding, taking steroid medication, over 400 pounds, claustrophobic, unable to lie on your back for an extended amount of time, or are receiving a high density contrast.

If you have had previous PET scans at other facilities, other than at Missouri Cancer Associates or Boone Hospital Center, please bring the films or CDs with you to your appointment. These are needed for comparison by the Radiologists for the report.

- Allow about 1 ½ to 2 hours for your appointment (actual scan time is about 30-45 minutes), and an additional 15 minutes if you are also scheduled for a separate CT scan. Your family/friends will be asked to stay in the waiting room for most of this time.
- **Drinking water helps improve the quality of your scan.** Please drink as much water as comfortable for you the day preceding and also the day of your scan. We recommend 64 ounces, but realize this is difficult for many.
- No caffeine the day of your exam.
- Avoid exercise for twenty-four hours prior to your scan.

### **PET BONE SCANS:**

- There is no prep for this exam.
- **YOU MAY EAT ANYTHING AND DRINK ANYTHING BEFORE YOUR CHECK-IN TIME.**

### **AXUMIN PET SCAN PATIENTS:**

- No excessive exercise for twenty-four hours prior to your scan, this may cause your exam to be inaccurate.
- You may have breakfast and take your daily medications at this time but nothing after 10:00 am.
- **DO NOT EAT ANYTHING 4 HOURS BEFORE YOUR CHECK-IN TIME.** You may have small sips of water only to take medication if needed during that 4 hour time period. Eating and drinking within the 4 hours may cause your exam to be inaccurate.

## **FDG PET SCAN NON-DIABETIC PATIENTS:**

- Please follow a low-carbohydrate diet for 24 hrs prior to your scan, if at all possible. This will help us maintain your blood glucose level and achieve an accurate PET scan for your physician. If your scan is scheduled within a shorter amount of time, please begin the low-carbohydrate diet as soon as the scan is scheduled.
- You may take all of your necessary daily medications (this includes pain medications if needed) if they can be taken on an empty stomach and with water only. This means no food, juice, milk or coffee. **WATER ONLY.**
- No excessive exercise for twenty-four hours prior to your scan.
- **DO NOT EAT ANYTHING 6 HOURS BEFORE YOUR CHECK-IN TIME. You may have water only.**

## **FDG PET SCAN DIABETIC PATIENTS:**

- Please follow a low-carbohydrate diet for 24 hrs prior to your scan, if at all possible. This will help us maintain your blood glucose level and achieve an accurate PET scan for your physician. If your scan is scheduled within a shorter amount of time, please begin the low-carbohydrate diet as soon as the scan is scheduled.
- **IF YOUR BLOOD SUGAR IS OVER 200 mg/dL,** call (573) 874-7800 x2178 to speak with the PET Tech on how to proceed.
- If you are scheduled before 1:00pm:
  - **DO NOT EAT ANYTHING 6 HOURS BEFORE YOUR CHECK-IN TIME. You may have water only.**
  - You may take your regular non-diabetic medications, but **DO NOT TAKE ANY ORAL DIABETIC MEDICATIONS OR INSULIN THE MORNING OF YOUR SCAN.**
- If you are scheduled after 1:00 pm-
  - You may eat a light, low carbohydrate breakfast (e.g., egg, bacon, NO toast, NO sugar, NO caffeine) **but this needs to be eaten 6 hours prior to your arrival for your scan.**
  - Take your insulin or oral diabetic medications 6 hours before your arrival time.
  - **DO NOT EAT ANYTHING 6 HRS BEFORE YOUR EXAM CHECK-IN TIME, you may have water only.**
  - Check your blood sugar 5 hours PRIOR to your arrival time
  - **IF YOUR BLOOD SUGAR IS OVER 200 mg/dL,** call (573) 874-7800 x2178 to speak with the PET Tech on how to proceed.

## **Food Suggestions for all patients having a FDG PET SCAN**

### Foods to **AVOID**:

Sugars and Carbohydrates such as:  
Fruit/fruit juice/jelly  
Bread/rolls/cakes/tortillas  
Rice/pasta  
Soft drinks and sweet teas (non-diet)  
Yogurt/cereal/oatmeal  
Alcoholic beverages/beer/wine  
Desserts/candy  
Pizza dough/breading on fried foods  
Chips/crackers/popcorn  
Potatoes/corn/onions/carrots  
All Gatorades

### Foods **ALLOWED** :

Proteins and Vegetables such as:  
Fish or seafood-no breading  
Chicken-no breading  
Pork/bacon/ham  
Beef  
Eggs/cheese/milk  
Most salad dressings (under 5 grams of carbs.)  
Non-starchy vegetables: tomatoes, lettuce,  
peppers, green beans, broccoli, cauliflower,  
mushrooms, asparagus, greens, spinach

If you have questions about your PET scan, please call (573) 874-7800 x2178 and ask to speak with the PET Tech.

We look forward to seeing you soon for your scan!

Thank you,  
The MCA Physicians and Staff