

Nuclear Medicine

General FDG PET/CT Instructions

Room G19, basement of Pavilion G
Tel: 514-340-8222 ext. 25942 or ext. 25374

NAME _____

APPOINTMENT DATE & TIME _____

Preparing for your scan

1. **YOU MUST BE FASTING 8 HOURS BEFORE THIS SCAN.** For 8 hours before your appointment, do not eat or drink anything except water.
IF YOU EAT OR DRINK ANYTHING OTHER THAN WATER 8 HOURS BEFORE YOUR SCAN, IT WILL BE CANCELLED.
2. Continue to take all prescribed medications, except insulin which should be stopped for 12 hours and Glucophage and medications containing metformin which should be stopped for 48 hours prior to the scan. Type I diabetics should contact the department.
3. No gum, no mints, no candy, no smoking for 8 hours before your test.
4. Avoid exercise for 48 hours and avoid being cold for 24 hours prior to your exam.
5. If you think you may be pregnant, call us ASAP. PET is not performed on pregnant women.

The day of your scan

1. Wear clothing with no metal. No metal zippers, no metal buttons, no jewellery, no watches.
2. Bring the reports and a copy of the images on CD of any previous PET, X-ray, CT or MRI *not performed in a Quebec public hospital*.
3. Please bring your completed PET questionnaire; add as much detail as possible – this will help our doctors. Please do not answer any question with "see file."
4. Bring a list of your medications.
5. The preparation and scan itself will take between 2 and 3 hours.
6. If you are nursing or breastfeeding, please advise a member of the team on the day of your scan and further instructions will be provided for you.

Confirming your appointment. Two weeks prior, please call 514-340-8222 ext. 25942 or 25374 to confirm your appointment, indicating your name, date of your appointment, that you are having a PET scan.

Questions? Call us at 514-340-8222, extension 25942 or 25374.

Cancellations. All cancellations must be made by phone at least 48 hours prior to your appointment. Call us as soon as you can if you will not be attending.