

FDG PET/CT Sarcoid & Cardiac

Patient Instructions



Name/U# : _____

Exam date: _____

Nuclear Medicine

Room G-19, *basement of pavilion G.*

Tel: (514)340-8222 ext. 25942 or
ext. 25374

1. Special Diet (36 hrs before exam):

- **18 hours before your fast, EAT only the food items from the list below (*breakfast, lunch & dinner*):**
- Chicken, Turkey, fish (NOT breaded)
- Meat and Bacon
- Eggs (without milk)
- water
- black coffee or black tea (NO milk, sugar, sweetener)
- **NO condiments** except: salt, pepper, olive oil.

CARBOHYDRATES AND SUGARS ARE **FORBIDDEN**:

DO NOT EAT AND/OR DRINK ANY OF THE FOLLOWING:

Fruits, Vegetables, cereal, dairy products, pasta/bread, rice, potatoes, legumes, nuts, cookies, juice, candy, chewing gum, alcohol, etc...

2. Fasting (18hrs before exam) & other instructions:

- **FAST 18 HOURS** prior to your exam. Water ONLY.
- **DO NOT SMOKE** 18hrs before your exam.
- **NO PHYSICAL ACTIVITY** 48hrs before your exam.
- **AVOID BEING COLD** 24hrs before your exam.
- Take all your medications, **EXCEPT:**
- **INSULIN** must be stopped 12hrs before the exam.
- **Glucophage** and **Metformin** must be stopped 48hrs before the exam.

FOR EXAMPLE, IF YOUR APPOINTMENT WAS ON JAN 2nd...

Jan 1st

- Starting **00:00**: Special Diet

Jan 1st

- Starting **6 pm**: Start Fasting

Jan 2nd

- **Exam**: 12:00 pm (for example)

On the day of your exam:

- **What to bring?**
- Your filled PET questionnaire.
- A list of medications.
- Wear clothes without metal. No jewelry.
- *If applicable to you:* the reports and copies of previous exams such as PET, X-RAY, CT or MRI that have **NOT** been performed in a Quebec public hospital.
- **How long does the exam take?** About 2-3 hours.

Are you taking care of a baby or are breastfeeding? If so, please inform a team member on the day of your scan. Further instructions will be given to you.