

Cardiac/whole-body FDG PET/CT scanning with dietary instructions

These instructions are intended for printing. The instructions contain section to be filled in.

In a PET/CT study, positron emission tomography (PET) and computed tomography (CT) are performed at the same visit. PET scanning examines metabolism, while CT scanning provides a detailed image of body structures.

These instructions tell you how to prepare for scanning of the heart area, either on its own or as part of a more extensive study. The purpose of the preparation is to reduce physiological tracer accumulation in the heart.

The PET/CT scanner has a wide opening (70 cm in diameter), so it can generally be used even for claustrophobic patients.

The scanning visit takes about 2 to 3 hours in all.

How to prepare

It is important for you to have a blood glucose level below 10 mmol/L when you arrive for the study. Therefore, please follow these instructions:

- **Do not eat for at least 10 to 12 hours** before your appointment
- While you are fasting you may drink as much water as you like, but nothing else
- Chewing gum and pastilles are also forbidden on the day of the study

Follow the dietary guidelines below **on the day before the study** and keep a log of the foods you have eaten.

Permitted foods

- Chicken, turkey, fish, meat, sausages containing only meat, bacon, eggs
- Beef broth
- Vegetables: tomatoes, cucumbers, lettuce, carrots, bell peppers, herbs
- Water
- Coffee and tea (without milk or sugar)
- Sugar-free beverages and fizzy drinks
- Artificial sweeteners (e.g. Hermesetas)

Prohibited foods

- Foods containing carbohydrates or sugar
- Milk, juice drinks, fruit juice, fizzy drinks
- Bread, biscuits, crackers, baked goods
- Dairy products (cheese, yoghurt, quark, cottage cheese)
- Porridge, cereals, muesli, crisps, sweets
- Rice, pasta, potatoes, corn, beans, peas, nuts
- Fruits and berries
- Chewing gum, pastilles
- Alcohol

Please also keep the following in mind:

- Avoid physical exertion (bicycling, running or going to the gym) for 24 hours before the study
- Do not drink alcohol for 24 hours before the study
- Do not smoke for at least 2 hours before the study

Pregnant women do not normally have this procedure. If you think you may be pregnant, notify us before you come in for the study. Also, small children may not accompany you to the study visit.

For CT scanning, a contrast agent that contains iodine may need to be administered during the study. If you have previously had a reaction to a contrast agent, please notify the PET Centre in advance. A tracer substance is necessary for PET scanning, but the study can be completed without the iodine-containing contrast agent.

Medications

You can take your prescribed medications as usual on the day of the study.

Diabetics

If your diabetes is insulin-treated, contact the referring physician to ask how your insulin dose should be adjusted considering the study's fasting and dietary requirements. A hospital stay may have to be arranged for your preparations.

If your diabetes is diet-controlled or treated with oral medication, follow the standard preparation instructions.

What to expect at your appointment

You will be asked to complete an interview form. A medical technician will review the study details with you.

- An intravenous cannula (drip) will be inserted in your lower arm to administer the tracer for the scan. Except for the small prick to your arm, the study will be painless and is not associated with side effects.
- The tracer will be a radioactive substance used to measure metabolic activity in tissues
- After the tracer is administered, there will be a waiting period allowing it to accumulate in the area to be scanned. The wait time will be 50 minutes.
- For the scan, you will lie down on your back on the PET/CT scanner bed, which slides through the scanner opening. You will need to keep still for the study to be successful.
- The scanning takes about 15 minutes

After the study

The PET tracer is not associated with side effects. It does remain slightly radioactive for a few hours, but protective measures against the radioactivity are generally not necessary. We recommend drinking more water than usual after the scan because the tracer will leave your body through urine.

Avoid close contact with pregnant women and try to avoid holding or sitting next to children for about 8 hours after the study. Nursing mothers must not breast-feed for 10 hours after the study. Any breast milk pumped during this time should be poured down the drain.

The study results will be provided by a doctor at the ward or outpatient clinic that referred you.

Instructions for completing the food log

Record everything you eat and drink in the log for 24 hours before your appointment. Enter the information on the form right after you eat something so that you can remember it correctly. In the time column, enter the time of day when you ate or drank something. In the food and drinks column, indicate each item you consumed on its own row.

(Food log example)

Time	Food and drinks
17:30	2 chicken fillets
	An egg
	A glass of water

