



Food, diet, clothing, medication and lifestyle choices can affect the results of your PET/CT Scan. These instructions will help you make the necessary adjustments so that your scan can be completed as scheduled and at the highest quality. A specialized and costly medication needs to be especially formulated and ordered for you 2 days prior to your appointment. If for any reason, you cannot keep your appointment, you must notify us by 7 am on the day of your appointment by calling the number listed above so that we can cancel the specialized and costly medication.

FDG & AXUMIN - PET/CT PATIENT PREP

Please plan to arrive 15 minutes prior to your scheduled appointment time to allow for registration. It is very important that you contact the scheduling team, at the number listed above, at least 24 hours prior to your appointment time if you will be unable to attend.

Please follow the preparation instructions below and arrive on time, as they are both critical for a successful PET/CT appointment. Failure to do so will result in rescheduling your appointment to another day.

GENERAL PREPARATION:

- On the day prior to your appointment, eat no carbohydrates and no sugars or sugar substitutes, high protein meals only until 4 hours before your appointment (such as steak, fish, cheese, pork, chicken and eggs).
- Refrain from strenuous exercise and caffeine the day of your appointment.
- Do not eat for 4 hours prior to your appointment. This includes gum, candy, mints and cough drops.
- You may ONLY have plain water (no lemon) on the day of your appointment. (Please drink at least 24 - 32 oz of water up to your appointment time, as it is important to remain well hydrated).
- You may take your medications, if they can be tolerated on an empty stomach.
- Your appointment will last a minimum of 90 minutes, but can take up to 2 hours.

DIABETIC PREPARATION:

Please follow in addition to the above general preparation guidelines.

- No insulin injections 4 hours prior to your appointment.
- The goal is to obtain a blood glucose range of 60 - 200 for diabetic patients.
- Eat a small, high-protein, no carbohydrates and no sugars or sugar substitutes meal a minimum of 4 hours prior to your appointment.
- You may ONLY have plain water (no lemon) on the day of your appointment. (Please drink at least 24 - 32 oz of water up to your appointment time, as it is important to remain well hydrated).
- If your diabetes is controlled by oral medications only, you may take these with your small, high-protein, no carbohydrates and no sugars or sugar substitutes meal a minimum of 4 hours prior to your appointment.

THE DAY OF YOUR APPOINTMENT:

- Wear loose, comfortable clothing such as sweatpants and a t-shirt.
- DO NOT wear items that have zippers, metal snaps, underwire or metal buttons.
- Upon arrival at _____ Rhode Island Pet Services, report to Radiology Registration.
- After registration, you will be greeted by our technical staff, and escorted to the scanner.

PYLARIFY, ILLUCIX, POSLUMA, LOCAMETZ PROSTATE PET/CT PATIENT PREP

DAY BEFORE YOUR SCAN:

- There are no diet restrictions. Drink water to remain well hydrated for your exam.

DAY OF YOUR SCAN:

- Nothing to eat 4 hours prior to your scan. Drink water only to be well hydrated for your exam
- Take medications as you normally would, unless if on medications mentioned below
- Bring as few items as possible however; DO bring a list of medications and your insurance card.
- Wear warm, comfortable metal free clothing.
- The Technologist will provide post scan instructions.



DOTATATE SCAN FOR NEUROENDOCRINE TUMORS PET/CT PATIENT PREP

DETECTNET_Copper Cu64 & NETSPOT_Ga68 – Neuroendocrine Tumor PET/CT Patient Prep

All Patients:

DAY BEFORE YOUR SCAN:

- Eat as you normally would. Drink so that you are well hydrated for your exam

DAY OF YOUR SCAN:

- Nothing to eat 4 hours prior to your scan. Drink water only to be well hydrated for your exam
- Take medications as you normally would, unless if on medications mentioned below
- Bring as few items as possible however; DO bring a list of medications and your insurance card.
- Wear warm, comfortable metal free clothing.
- The Technologist will provide post scan instructions.

Medication Information - If your therapy involves octreotide, pasireotide, or lanreotide injections, follow these instructions when planning for your study:

Long Acting Somatostatin analog medications:

If you are on a long acting somatostatin analog medication, your exam is best performed 3 to 3.5 weeks after your last dose. If your injection was less than 3 weeks prior to your scheduled appointment, please call us to reschedule your exam.

- Sandostatin LAR (octreotide): This drug is given every 4 weeks. Schedule your DETECTNET study for 1-2 days before your next injection.
- Signifor LAR (pasireotide): This drug is given every 4 weeks. Schedule your DETECTNET study for 1-2 days before your next injection.
- Somatuline Depot (lanreotide): This drug is given every 4 weeks: Schedule your DETECTNET study for 1-2 days before your next injection.

Short Acting Somatostatin analog medications:

If you are on a short acting somatostatin analog medication, your exam is best performed 48 hours after your last dose. If your dose was taken less than 24 hours prior to your scheduled appointment, your appointment may need to be rescheduled.

- Sandostatin (octreotide): This drug is given every day. You must not take this drug for 24 hours before your DETECTNET study. Talk with your prescribing physician to find out if it is OK to pause your medicine for this study.
- Signifor (pasireotide): This drug is given 2 times per day. Talk with your prescribing physician to find out if it is okay to pause your medication for this study.

AMYVID BRAIN PET/CT PATIENT PREP

DAY BEFORE YOUR SCAN:

- Eat as you normally would. Drink water to remain well hydrated for your exam.

DAY OF YOUR SCAN:

- There are no diet restrictions. Drink water to remain well hydrated for your exam.
- Take medications as you normally would.
- Bring as few personal items as possible; however, DO bring a list of medications you are taking and your insurance card.
- Wear warm, comfortable, metal-free clothing.
- Exam can take anywhere from 90 minutes to 2 hours.



If you have any questions please call **The PET CT Scheduling Department at 866.245.5995** or your ordering provider.