

## **Fox Chase Cancer Center**

**Patient name:** \_\_\_\_\_

Your physician has requested that you have a Positron Emission Tomography (PET) scan. The PET scan includes an injection of a tracer dose of radioactive sugar (FDG). You will not have any side effects from this material. FDG identifies active tumor or active disease.

**Preparation: Patient preparation is essential to the accuracy of your exam. Please read the following instructions carefully.**

1. You may not eat anything 4 hours prior to your exam.
2. Take all of your medications with water.
3. Drink plenty of water prior to your exam.
4. If you are claustrophobic, please let us know at the time of scheduling. We may recommend that you obtain a sedative from your physician or have conscious sedation. If so, you will need someone to drive you home.
5. If you are diabetic please inform us at the time of scheduling, as it is necessary to maintain proper blood sugar levels. Unless instructed otherwise by your physician, please follow the instructions below:
  - If you take insulin, the morning of your scan, take half your routine dose of regular insulin, and eat as needed to keep your blood sugar level comfortable.
  - If your appointment is scheduled in the afternoon, take your full dose of insulin or oral medication with a light breakfast at least 4 hours before your appointment.

**What to expect:**

1. Please wear loose fitting, comfortable clothing, if possible without metal fasteners or clips.
2. You will receive an injection of FDG and will remain inactive in the PET area for approximately 1 1/2 hours. You should be relaxing at this time. You may bring a good book, magazine or music with you. Please feel free to bring a CD to listen to while you are being scanned.
3. You will then proceed to have the PET scan, where you will lie flat on your back for approximately 45 minutes.

**Appointment date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

If you have any questions, please call the PET scan department at 215-214-4210.

**Please bring this paper with you and report to Diagnostic Imaging.**