

## **PET ONCOLOGY STUDY PREP & INSTRUCTIONS-----PATIENT PREP INSTRUCTIONS:**

1. NPO six hours prior to study. (NO CANDY, COFFEE, GUM, JUICE, NOTHING BY MOUTH).
2. Patient hydration: drink water liberally after injection (excluding head and neck studies).
3. Unless ordered by a referring physician, usually catheterization is not applicable for abdominal disease.
4. Patients empty bladder prior to the study.
5. Patient relaxation is important. Patients sit quietly in waiting room for 60 to 90 minutes after FDG injection in complete relaxation without any activity.
6. No strenuous exercising 24 hours prior to procedure. Excessive activity may compromise the outcome of the test.
7. Medication with small sips of water is OK.
8. **PATIENT NEEDS TO BRING PREVIOUS MRI, CT, ECHO, NUCLEAR SCAN, STRESS TEST RESULTS AND OR FILMS.**

### **Diabetic Patients:**

- a. May eat and take medicine 4hrs before test, (i.e. limit breakfast to juice and toast.)
  - b. Blood glucose needs to be between 50 & 200 or test **CANT'T BE DONE**
  - c. Patients taking oral antihyperglycemic agents **SHOULD NOT** take them on the day of the exam and should be fasting on the morning of their AM examination or 4hrs prior to the examination.
  - d. Intravenous fluids containing glucose or TPN solutions should be discontinued 6 hours prior to the examination.
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- Consult with your physician if there are any questions concerning patient medications
  - Post-therapy studies should be delayed for 6 weeks following completion of chemotherapy or radiation therapy if possible. Increased FDG uptake too soon after treatment may reflect tumor necrosis/inflammatory reaction rather than residual viability.