



PATIENT PREPARATION INSTRUCTIONS

Please read these instructions as soon as you receive them. Follow them closely. Failure to do so may result in your scan being rebooked.

The check boxes on the left are provided to assist in confirming you have completed each step along the way. Please check them off as you progress towards your appointment time.

- The night before your study have a low-carbohydrate meal. For example this may include:
- All meats, fish, eggs, cheese and tofu.
 - Non-starchy vegetables like: green beans, broccoli, spinach, zucchini and lettuce
 - Diet softdrinks
 - Margarine, butter and oils

Examples of high carbohydrate foods **NOT TO EAT**:

- Peas, corn, rice, potato and beans (non green)
 - Milk and non-dairy milk drinks
 - Fruit, fruit juices and non-diet softdrinks
 - All cereals, grains, pastas and breads
- If you have a morning appointment (8am to 12.30pm) Fast from midnight. **YOU MUST NOT HAVE ANYTHING TO EAT OR DRINK** (except unflavoured water) **AFTER MIDNIGHT**. This includes chewing gum, cough lozenges or any sweets/lollies.
- If you have an afternoon appointment (12.30pm to 5.00pm) On the day of your scan you need to have a light SUGAR FREE breakfast prior to 7.00am (excluding fruit, fruit juices, cereals and jam. *Example meal - poached egg on toast with cheese or vegemite with tea/coffee*). **YOU MUST NOT HAVE ANYTHING TO EAT OR DRINK** (except water) **AFTER 7.00am**. This include chewing gum, cough lozenges or any sweets/lollies.
- Drink plenty of water (1 litre) and keep going to toilet as needed.
- Do not undertake any strenuous exercise for a minimum of 24 hours prior to your appointment.
- Do not smoke for 24 hours prior to your appointment.

Continued over page



PATIENT PREPARATION INSTRUCTIONS *Continued*

- Take your medications as normal. **EXCEPT** if you are diabetic. (Diabetic patients **MUST** contact us to discuss what medications you are taking and what other preparation is required.)
- Depending on the area being scanned you **MAY** require one or both of the following:
 - Administration of a sedative (Please see Sedation Instructions attached).
 - Administration of a urinary catheter into the bladder for the duration of the scan.
- You will need to allow 2-3 hours for the PET/CT scan
- Please bring your Medicare card with you to the appointment. If you have any of the following: Veterans Affairs Card, Healthcare Card, Pension Card and/or Private Health Insurance please bring these with you as well.
- Please confirm that you will be attending your appointment **2 days** prior, or in the case of Monday appointments the Friday before, by calling 07 3840 6222. Please be aware that if you do cancel an appointment with **less than 2 days** notice, you may be charged a fee.
- If your doctor decides your scan is not necessary, please cancel the scan with us directly.
- Please bring any CT, MRI, X-rays or previous PET scans that you have had in the past 6 months with you to your appointment.
- Wear loose, warm, comfortable clothing. Preferably without metal zippers, studs etc. The wearing of jewellery is discouraged as this will be removed for the scan. You will be resting for approximately 1 hour prior to your scan, it is important that you are comfortable and relaxed.
- If sedation is required (as indicated above), please arrange for someone to pick you up after the scan. If sedation is administered you will not be able to drive.
- Be prepared to minimise contact with others where possible, especially children, for 2-4 hours after the scan.
- Please inform the Centre 48 hours prior to your appointment if you have any disability e.g physically impaired, hearing impaired or visually impaired. Doing so will allow us to make arrangements to accommodate you and make your visit as smooth and stress free as possible.