

Thank you for choosing Yale New Haven Hospital

We are looking forward to providing you with exceptional care.

Your doctor has ordered a FDG-PET scan. Those abbreviations stand for: fluorodeoxyglucose (FDG)-positron emission tomography (PET). The role of this procedure is to detect metabolic active of your brain.

Yale New Haven Hospital Preparation for this Exam:

Before Arriving for Your Exam

- Please arrive 15 minutes early to check in.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- You will receive a call from the Nuclear Medicine Department confirming your arrival time.
- No food or drink except plain water for 6 hours prior to arrival. This includes chewing gum and cough drops.
- If you eat, it may cause your blood glucose (sugar) level to increase which will result in your PET scan being rescheduled.
- **No exercise** for 24 hours before the scan.
- With the exception of some diabetic medications (See next instruction), other medicine can be taken the day of your exam with plain water only.
- Diabetic Patients
 - If you are diabetic, please consult with your physician about adjusting your blood sugar control regimen to maintain a blood glucose level below 220 mg/dl for the arrival time of your appointment.
 - Patients on diabetic medications, please see **Appendix I** (Instructions for use of insulin and oral diabetic medications), at the end of this form. If you have any questions concerning diabetic medication please contact us at: 203-688-1011 option 7.
 - Patients using an insulin pump, please set it to basal rate for 4 hours prior to appointment
- Most claustrophobic patients are able to tolerate a PET-CT Scan. Talk to your doctor if you think you need some additional anti-anxiety medication for the scan. We cannot prescribe or supply medication.
- We will be asking you for a list of all your medications and information about recent radiation therapy and chemotherapy treatments. **See attached form** to fill out at home and bring with you to your appointment.
- Wear loose comfortable clothing, since you will need to lie still for a period of time.
- Wear clothing that has no metal on it, and jewelry should not be worn.
- The injection for this exam is specifically ordered for you and is very expensive, if you are unable to keep your appointment or have any questions, please call us at 203-688-1011 option 7.
- We want to make your waiting time as pleasant as possible. Consider bringing your favorite magazine, book music player to help you pass the time.

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After Arriving

- Upon arrival, a technologist will explain your procedure and answer any questions you may have.
- ATTENTION Females (ages 10 to 60)
 - To ensure Radiation Safety, the following is YNHH Policy on pregnancy test for this Radiology exam.
 - PARENTS: A pregnancy test is required on all females (ages 10 to 17) prior to the start of the exam.
 - Females (ages 18 to 60) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

During Your Exam

- You will receive an intravenous injection (in your vein) of a tracer dose of radioactive material (FDG). The level of radioactivity is extremely low and has no side effects.
- After your injection of FDG (fluorodeoxyglucose) you will be required to relax in a dimly lit room for 45-60 minutes.
- The FDG dose is specifically ordered for your exam time and will expire shortly after injection time, being late may result in your exam being rescheduled.
- During this time you will be required to lie flat on your back, without moving.
- Using a special camera, pictures of your brain will be obtained. The camera will detect and record the distribution of the radioactive material in your brain.

Exam Duration

- The exam takes approximately 1.5 hours, this includes the waiting time after injection.
- You will only be in the scanner for 10 minutes.

After Your Exam

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams).
- A report will be sent to your provider, who can review the results with you.

*For more general information on what to expect during your upcoming radiology exam.

Visit this link to **Positron Emission Tomography - Computed Tomography (PET/CT)** at RadiologyInfo.org

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure.

RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

**Yale New Haven Hospital thanks you for
choosing us to be part of your healthcare team.**

Appendix I

Instructions for use of insulin and oral diabetic medications when scheduled for FDG PET CT

Insulins

FAST ACTING

Humalog Novolog	Don't take these within 4 hours of your appointment.
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INTERMEDIATE ACTING

Humulin Novolin	Don't take these on the day of your appointment. It is OK to them the night before appointment.
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LONG ACTING

Lantus Levemir	Don't take these on the day of your appointment. It is OK to them the night before appointment.
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INSULIN PUMPS

	Run on basal rate for 4 hours before your appointment, you will need to disconnect your insulin pump just prior to imaging.
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Oral Diabetic Medications

Metformin / Glucophage	OK to take
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Actos Avandia	OK to take
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Amaryl (Glimepiride) Farxiga Glipizide (Glucotrol) Glucobay Glyburide Glyset Invokana Janumet Januvia Jardiance Prandin Trajenta	<ul style="list-style-type: none">• If you usually take an evening dose, take it as you normally would.• For early morning appointments, (those prior to 11 am)- Hold your morning dose until AFTER your PET scan appointment.• For afternoon appointments (those at or after 11 am)- Take your morning dose at least 6 hours prior to your PET scan appointment.
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