

PET FDG BRAIN PRE-SCAN PREPARATION

Before Your Appointment

- Avoid strenuous exercise for 24 hours before your appointment
- Follow a high protein, low carbohydrate and low sugar diet for 24 hours
- Some medications may need to be discontinued prior to your appointment. You will be advised at the time of booking if this applies to you
- If you are claustrophobic or anxious, please speak to your doctor about a prescription for a light sedative to bring to your appointment. Staff will advise you when to take this medication if you require it

Day of Your Appointment

- Please bring your Care Card to your appointment (or another form of government photo identification if you do not have a Care Card)
- Fast for at least 6 hours prior to your appointment
- Hydration with plain/unflavored water is encouraged
- You must be able to lie flat for 10-25 minutes for the scan procedure
- Wear clothing that is: loose, warm, comfortable and which does not contain any metal
- Avoid wearing jewelry

After Your Scan

- Avoid close, prolonged contact with pregnant women and young children for 12-18 hours
- Notify our staff if you are crossing the border or flying within the 48 hours after your appointment, you will be provided with a travel letter
- You may resume all other activities after your scan

Images and Reports

- Due to the extra processing required for these scans, your images will be available within 5 business days
- The final report will be available within 5 business days and will be faxed to your doctor