

# Positron Emission Tomography(PT) Whole Body Patient Instructions

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WEEKS or DAYS before your appointment:  
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- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.

Ask your doctor right away about **MEDICATIONS** you may need to change before your appointment. **If not complete, you will be rebooked.**

- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** Your fasting blood glucose levels must be lower than 11mmol/L. If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. [www.ipumpit.ca](http://www.ipumpit.ca)
- **Consult your primary care provider:** If you're claustrophobic or require a sedative (Ativan), consult with your doctor before proceeding with your appointment.
- **Consult your Home Parenteral Therapy Program (HPTP) provider:** If you are receiving home infusion therapies (antibiotics), consult your HPTP provider. Infusion therapies containing sugar must be stopped for a minimum of 6 hours before you arrive.
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD and it is in the area being imaged, the device may be damaged during your appointment. If the device is imaged, you will need to do finger prick readings, along with your CGMD readings, to ensure it is not damaged.
  - Alberta Health Services will not cover the cost of a replacement CGMD.
  - If you do not know if you need to remove your device or cannot follow these instructions, contact Diagnostic Imaging at the number provided above.

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1 DAY before your appointment:  
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- DO NOT exercise (no jogging, weightlifting, etc.).
- DO NOT have caffeine (no coffee, tea, pop, or chocolate).
- DO NOT drink alcohol.
- DO NOT take over the counter medications that contain sugar (cough syrup).
- Follow a high protein/low carbohydrate diet. Limit bread, pasta, potatoes, cereal, rice, dessert, candy, and sugar.

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HOURS before your appointment:  
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## 6 Hours Before

- Stop all food and drink. DO NOT chew gum. DO NOT eat candy, mints, or lozenges.

- You may continue drinking **plain water only**.
- Continue to take other prescribed medications, as directed by your doctor.

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BRING to your appointment:  
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- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

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DO NOT bring:  
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- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

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AT your appointment:  
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- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be injected with a radioactive tracer, which will make parts of your body more visible in images.
- You will be required to remain still and/or lie flat for extended periods of time.
- Your appointment will take up to 2 hours.

**Please note:** When you arrive for your appointment, there is a small chance it might need to be rescheduled. This can happen if there are unexpected issues with the radioactive tracer that are not known before you arrive.