

## NM PET/CT SCAN

### Patient Preparation

1. Fast (nothing to eat) 6 hours prior
  - a. *Diabetics:*
    - i. Light breakfast (e.g. toast and tea/coffee) 4 hours prior
    - ii. Take HALF insulin dose and bring medication on the day
2. Refrain from any form of exercise for 3 days prior
3. Scan time = 3 hours
4. Advise staff if patient is pregnant or breastfeeding
  - a. Cannot breastfeed for 24 hours after the procedure

### Bookings:

- **Request forms** are to be clearly marked as PET with a brief description that supports the use of PET.
- The referring doctor is to be emailed or faxed the appropriate **PET patient information sheets** and asked to fill them in and return to the front desk.
- Patient is to be contacted by phone to make the appointment and to discuss preparations and asked to supply a list of medications that they are currently on.. **Patient preparation sheets** are to be emailed to patient or career, or faxed.

### Arrivals:

#### **Warning: FDG is constantly decaying.**

- Upon arrival reception will enter appropriate documentation in COMRAD. Patient will be asked to fill out a **CT Contrast consent and information sheet**. They will also have ready a **PET running sheet** that will be used by the Nuclear Medicine Scientists and Physicians. Also the returned **PET patient information sheets** will be placed together with all the running sheet and other patient's files and films ready for the technologist.
- The patient will then be walked down to the Molecular imaging waiting area.
- Either the nuclear medicine scientist (NMS) or nurse will be made aware that the patient has arrived.
- Patients will then be asked to drink 4 cups of warm water.
- Either the nurse or NMS will then take the patient in for: IDENTIFICATION, cannulation, blood sugar level test, weight and height measurements, and possible drug administration.
- The physician is then made aware that the patient is ready for a consultation.



#### Nuclear Medicine PET Scan – Patient Preparation

- The physician will indicate on the running sheet the type of scanning protocol needed for each patient, Medicare billing, and any additional medication (eg diuretic, Diazepam relaxant)
- Patient is taken to the toilet and then into an uptake room and made comfortable/warm in the bed provided.

<b>Previous Version</b>	
<b>Source File Location</b>	I:\ARER\Clinical Documents\Nuclear Medicine\20140829_PET Scan_b_Patient Preparation.docx