



# SAINT ANTHONY MEDICAL CENTER

**PET Department**

815-639-8332

**Test Name:**

PET Whole Body Scan, PET Eyes to Thighs Scan,  
PET Metabolic Brain

Welcome to the OSF Saint Anthony Medical Center PET Department.

You have been scheduled to have a **PET scan**. Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

This information will help you understand the test that has been scheduled.

Thank you for trusting OSF for your medical imaging needs.

## **What to Bring with You:**

Wear comfortable clothing without metal or zippers.

## **Preparation:**

It is very important to follow the following instructions prior to a PET scan.

You may not eat or drink anything other than water for 6 hours prior to the PET scan. This includes candy, mints, gum or cough drops. Smoking must also be avoided.

You should not exercise or have any caffeine 24 hours before your PET exam.

It is important to limit eating or drinking anything that has carbohydrate and sugar the evening before the exam. Beverages should contain no sugar, carbohydrates or caffeine. The following suggestions may help. During food preparation, labels should be read carefully.

## **DINNER MENU OPTIONS**

For the evening before exam:

- Grilled 8 oz. steak, baked or broiled chicken or salmon filet. Butter or oil may be used, but no sauces with sugars or carbohydrates.
- Green vegetables, such as asparagus, broccoli, or spinach. Avoid green peas.
- Sautéed mushrooms with butter and fresh garlic.

- Small salad with lettuce only. Avoid carrots, tomatoes, croutons, etc. Serve with vinegar and oil dressing.
- Grains should be avoided, including potatoes, rice, pasta and breads.

## **BREAKFAST MENU OPTIONS**

You can have breakfast as long as it is done 6 hours prior to the exam.

- Two eggs cooked with butter or oil and a small amount of cheese if desired.
- Sausage, bacon or ham without additional flavors.

## **BEVERAGES**

We encourage that you drink plenty of water for your test. You can also have clear diet soda and drinks free of carbohydrates, sugar or caffeine.

Remember that you may not eat or drink anything other than water for 6 hours prior to the PET scan.

## **Family:**

Family or friends may be asked to stay in the waiting area during the test.

## **Pregnancy Testing:**

Pregnancy testing will now be performed on females receiving diagnostics between the ages of 10 and 55 years old if you have not had your tubes tied or a hysterectomy. Home pregnancy tests are not acceptable. If you know that you are pregnant, please notify your doctor.

*Continued on next page*



## SAINT ANTHONY MEDICAL CENTER

**PET Department**

815-639-8332

**Test Name:**

PET Whole Body Scan, PET Eyes to Thighs Scan,  
PET Metabolic Brain

Welcome to the OSF Saint Anthony Medical Center Ultrasound Department.

You have been scheduled to have a **PET scan**. Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

This information will help you understand the test that has been scheduled.

Thank you for trusting OSF for your medical imaging needs.

### **Medications:**

You may take medications, except diabetic medications. Your medicines will be discussed on an individual basis prior to the exam. Patients using insulin should bring it with them on the day of the exam.

### **Test Instructions:**

A day or two before your PET exam, a registered technologist will call you. They will explain what to expect, review your medical history, go over your prep instructions, and answer any questions you might have.

When you arrive for your exam, the registered technologist will check your blood glucose level with a quick finger prick. As long as glucose levels are appropriate range, an IV will be started. A radioactive solution will be injected through that IV.

You will rest comfortably in a recliner for approximately one hour, so the radioactive solution can be absorbed into your body. After about an hour, the technologist will have you lay down comfortably on the PET scanner table. The table will move you slowly through a circular donut-shaped camera. You will be on this table for about 20 to 30 minutes. The entire exam should last an hour and a half, from start to finish.

### **After Test Instructions:**

The radioactive solution used for your exam does not remain in your system long, so you will be able to resume your normal activity after your PET exam.

### **Test Results:**

Your study will be read by a radiologist (a doctor specializing in PET scans) and a report will be sent to your ordering doctor. You can make plans with your ordering doctor to receive your test results