

PET/CT measures the amount of glucose taken up by abnormal tissues. For the study to be successful you must have a low blood glucose level. Therefore a restricted low carbohydrate preparation is essential.

Canberra Imaging Group has two separate preparations for PET/CT; morning appointments, 7am-Midday, and afternoon appointments, Midday-4pm. Please ensure you read and adhere to the correct preparation instructions as these are critical for your scan.

Morning Appointment Information

Failure to follow the preparation instructions, including dietary requirements, may prevent Canberra Imaging Group from conducting your scan, in which case you may be charged a cancellation fee to cover the expense of your isotope injection.

Preparation Instructions

The day before your scan

DIETARY REQUIREMENTS

You must follow a low carbohydrate, sugar free diet from dinner the day before your scan. You may only eat items listed in the Permitted Foods column of the table below.

If you are diabetic please contact our PET/CT Centre to discuss what medications you are taking and an alternative preparation prior to your appointment.

EXERCISE

Do not perform any strenuous exercise the day before your scan.

SMOKING

You must not smoke for 24 hours prior to your appointment.

The day of your scan

DIETARY REQUIREMENTS

You must fast from midnight the night before your scan (nothing to eat or drink except unflavoured water).

TIME

You must arrive 1-1/2 hours prior to your appointment time.

WATER

Drink at least 1 litre of water in the 2 hours before your scan.

EXERCISE

Do not perform any strenuous exercise the morning of your scan.

PERMITTED FOODS	FOODS YOU MUST NOT EAT
Plain Cooked Meat (Beef, Chicken, Pork, Fish, Bacon) Plain Tofu Eggs The following vegetables only: <ul style="list-style-type: none"> - Broccoli - Asparagus - Cauliflower - Zucchini - Spinach - Mushrooms Black unsweetened tea or coffee Water	Alcohol Bread Breakfast Cereal Crackers Crumbed Foods Dairy Products including Milk Dessert Fruit Fruit Juice Lollies, Chewing Gum Nuts Pasta Potato Rice Sauce, Gravy or Condiments Snack Foods Sugar or Sugar Substitute Tomato, Carrots and other Salad Foods



Appointment

Please phone or SMS our friendly booking service on **1300 788 508** or request an appointment online www.canberraimaging.com.au

What to bring

Please bring the following items with you to your appointment:

- Your referral
- Any relevant films
- Medicare card
- Pension / Health Care card

Your results

Your doctor will receive fast and convenient electronic access to your reports and images. Canberra Imaging Group strongly advise that you return to your referring doctor in order for your doctor to discuss your results with you.

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Afternoon Appointment Information

Failure to follow the preparation instructions, including dietary requirements, may prevent Canberra Imaging Group from conducting your scan, in which case you may be charged a cancellation fee to cover the expense of your isotope injection.

Preparation Instructions

The day before your scan

DIETARY REQUIREMENTS

You must follow a low carbohydrate, sugar free diet from dinner the day before your scan. You may only eat items listed in the Permitted Foods column of the table below.

If you are diabetic please contact our PET/CT Centre to discuss what medications you are taking and an alternative preparation prior to your appointment.

EXERCISE

Do not perform any strenuous exercise the day before your scan.

SMOKING

You must not smoke for 24 hours prior to your appointment.

The day of your scan

DIETARY REQUIREMENTS

Before 6.30am, a small breakfast consisting of items from the list of Permitted Foods below.

After breakfast (i.e. from 6.30am) you must fast completely (nothing to eat or drink except unflavoured water).

TIME

You must arrive 1-1/2 hours prior to your appointment time.

WATER

Drink at least 1 litre of water in the 2 hours before your scan.

EXERCISE

Do not perform any strenuous exercise the morning of your scan.

PERMITTED FOODS	FOODS YOU MUST NOT EAT
<p>Plain Cooked Meat (Beef, Chicken, Pork, Fish, Bacon)</p> <p>Plain Tofu</p> <p>Eggs</p> <p>The following vegetables only:</p> <ul style="list-style-type: none"> - Broccoli - Asparagus - Cauliflower - Zucchini - Spinach - Mushrooms <p>Black unsweetened tea or coffee</p> <p>Water</p>	<p>Alcohol</p> <p>Bread</p> <p>Breakfast Cereal</p> <p>Crackers</p> <p>Crumbed Foods</p> <p>Dairy Products including Milk</p> <p>Dessert</p> <p>Fruit</p> <p>Fruit Juice</p> <p>Lollies, Chewing Gum</p> <p>Nuts</p> <p>Pasta</p> <p>Potato</p> <p>Rice</p> <p>Sauce, Gravy or Condiments</p> <p>Snack Foods</p> <p>Sugar or Sugar Substitute</p> <p>Tomato, Carrots and other Salad Foods</p>



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