



# PATIENT PREPARATION INSTRUCTIONS

PATIENT NAME

## YOU HAVE A PET-CT APPOINTMENT

ON

AT

*PLEASE READ THESE INSTRUCTIONS AS SOON AS YOU RECEIVE THEM. FOLLOW THEM CLOSELY. FAILURE TO DO SO MAY RESULT IN YOUR SCAN BEING NON-DIAGNOSTIC AND WILL REQUIRE A REPEAT SCAN AT FULL COST.*

If you are travelling from out of Auckland, please ensure you book REFUNDABLE and insured tickets if you are flying. Arrange to stay in Auckland overnight and book your return travel for the next day. Delays and cancellations sometimes occur and are outside of our control as we rely on delivery of our isotopes by same day international flights. We will endeavour to keep you informed as to any delays so please ensure that we have a contact number for use on the day of your scan. Mercy PET-CT is not liable for any costs incurred as a result of these delays.

Please check the boxes as you progress towards your appointment time.

### \* DIETARY INSTRUCTIONS:

The night before your scan have a low carbohydrate and low sugar meal. Examples are:

#### FOODS YOU CAN EAT ✓

- All meats, fish, eggs, cheese and tofu
- Non-starchy vegetables like green beans, broccoli, spinach, zucchini and lettuce
- Diet soft drinks
- Margarine, butter and oils

#### FOODS TO AVOID ✗

- **Vegetables:** carrots, corn, potatoes, sweet potatoes, pumpkin, peas and yams
- **Fruits:** Do not eat any fruits
- **Starches:** bagels, bread, cereal, porridge, muffins, oatmeal, pasta (any type), rice cakes, rice and tortillas, baked beans
- **Snacks:** such as chips, crackers, peanut butter, popcorn, ice cream, yoghurt, cakes or biscuits
- **Other:** breath mints, breath strips, cough drops or gum
- **Over-the-counter:** chewable vitamins or chewable antacids
- **Liquids:** juices, sweetened soft drinks, hot chocolate, flavoured milk drinks or alcohol
- **Sweeteners:** brown sugar, honey, sugar or sugar substitutes

On the day of your scan have light SUGAR FREE meals (excluding fruit, fruit juice, cereal and jam). Example meal: Poached egg on toast with cheese or vegemite, with tea or coffee.

**YOU MUST NOT HAVE ANYTHING TO EAT OR DRINK (EXCEPT WATER) 4 HOURS BEFORE YOUR SCAN. DO NOT** have any chewing gum, cough lozenges or any sweets/lollies.

Drink plenty of water (1 litre) during the hour before the scan and use the toilet as needed.

Do NOT undertake any strenuous exercise for a minimum of 24 hours prior to your appointment (no running, no gym work, no competitive sports, no swimming, minimise walking).

Do NOT smoke for 24 hours prior to your appointment.

Do NOT drive yourself to your appointment - you will need someone to drop you off and pick you up after your scan. Please be aware friends and family are unable to wait in the facility with you.

\* FOR FURTHER DIETARY INFORMATION  
PHONE 0800 4PETCT (0800 473828) OR  
VISIT WWW.RADIOLOGY.CO.NZ



- Take your medications as normal EXCEPT if you are a diabetic.

**NOTE: DIABETIC PATIENTS MUST CONTACT US TO DISCUSS WHAT MEDICATION YOU ARE TAKING AND WHAT OTHER PREPARATION IS REQUIRED - SEPARATE PREPARATION INSTRUCTIONS ARE NECESSARY FOR DIABETICS AND LACTATING MOTHERS.**

- Depending on the area being scanned you MAY require administration of a sedative.
- You will need to allow up to 3 hours for the total scan appointment.
- Please bring any Health Insurance or Hospital approval details with you.**
- Please confirm your appointment 2 days prior, by calling us on **0800 4PETCT (0800 473828) or 09 623 5862**. Please be aware that if you cancel an appointment with less than 2 days notice, or fail to attend, you may be charged a fee.
- If your doctor decides your scan is no longer required please cancel the scan with us directly within the notice period above.
- Please bring any CT, MRI, Xrays or any previous PET-CT scans that you have had in the past 6 months with you to your appointment. Also any details of previous chemotherapy or treatment injections you may have had in the past.**
- Wear loose, comfortable, warm clothing and socks to your appointment. You will be resting for 1 hour prior to your scan so it is important you are comfortable, relaxed and warm.
- Be prepared to minimise contact with others (particularly children and pregnant women) for 4 hours after the scan.

**PLEASE NOTE: IF YOU EAT OR TAKE INSULIN WITHIN 4 HOURS OF YOUR SCAN, OR EXERCISE IN THE 24 HOURS PRIOR TO YOUR SCAN, THE SCAN RESULT IS MOST LIKELY TO BE NON-DIAGNOSTIC. IF THIS IS THE CASE YOU MAY REQUIRE A REPEAT SCAN WHICH WILL BE AT FULL COST.**



### **DROP OFF INSTRUCTIONS:**

Enter Mercy Hospital at Gate 1, then follow signs past café down hill and turn right at bottom of hill.  
Drop-off zone is in front or to the left side of the entrance to Mercy PET-CT.  
Longer term parking for those accompanying patients is available in the main Mercy Hospital carpark.

Print date: August 2010

Mercy PET-CT Centre, Ground Floor  
Cecilia Maher Building, 100 Mountain Rd, Epsom  
Ph: 0800 4PETCT (0800 473828) or 09 623 5862  
Fax: 09 623 5863. email: mercypetct@radiology.co.nz

**MERCY**  
PET-CT