



Name _____

Appointment Date: _____

Appointment Arrival Time: _____

Appointment Time: _____

- Please arrive 30 minutes before your appointment.
- If your insurance information has changed, please contact our patient eligibility team immediately at 501.907.8300. (Examples of change include: You cancelled your insurance, you received a new card after selecting a new plan, you converted to Medicare/Medicaid/Medicare Advantage/New Commercial Plan, you were assigned a new PCP, etc.)
- Once your insurance coverage has been validated and authorization has been attained from your insurance a team member will contact you via phone with your scheduled date and time. **If we are unable to reach you, we will not be able to schedule your appointment.**
- Last minute insurance change notifications on the day of the appointment may cause a rescheduled appointment or patient financial responsibility. It is critical that all insurance change notices are provided to CARTI at least three (3) days prior to the appointment in order to ensure a smooth experience.
- You will receive a call from a technologist at the Imaging Center. They will answer any questions you may have about your study and confirm preparation instructions.
- If you cannot keep your scheduled appointment, please call our office at least 72 hours in advance so that we may fill that time slot with another patient. Failure to provide advanced cancellation notice may result in a cancellation fee being assessed to your account.

QUESTIONS?

- CARTI IMAGING CENTER**
CARTI Cancer Center
8901 CARTI Way • Little Rock, AR 72205
Phone: 501.907.8325 • Fax: 501.537.8786
Parking and a dedicated entrance for imaging studies is located at the east side of the building.
- CARTI IMAGING CENTER / NORTH LITTLE ROCK**
CARTI Cancer Center
3320 Springhill Drive • North Little Rock, AR 72117
Phone: 501.906.2888 • Fax: 501.537.8786
- CARTI PINE BLUFF**
5001 Bobo Road • Pine Bluff, AR 71603
Phone: 870.939.4223
- CARTI RUSSELLVILLE**
209 S Portland Avenue, Russellville, AR 72801
Phone: 479.967.6565
- CARTI EL DORADO**
1601 N West Avenue, El Dorado, AR
Phone: 870.881.8633

HOURS AND SCHEDULING

Hours: 7:30 a.m. - 4:30 p.m. • Scheduling: Phone: 501.296.3253 • eFax: 501.537.8786

WHAT IS F-18 FDG PET/CT IMAGING?

PET/CT imaging is a diagnostic procedure used in Nuclear Medicine to visualize metabolically active tissues using sugar (glucose) molecules labeled with the radiopharmaceutical FDG (Fluorine-18.) The labeled glucose is incorporated into the actual cell and once the cell has metabolized the glucose, the low-level radioactivity can be detected by the PET/CT scanner and then generate images used for diagnosis and treatment. PET/CT scan results show the areas of abnormal glucose metabolism and exactly where the areas are located.

PREPARING FOR YOUR EXAM

- 24 hours prior to your scan, follow a low carbohydrate/low sugar diet. (Example food options on page 2.)
- No strenuous exercise for 48 HOURS before scan.
- Do not eat or drink anything, other than plain water or black coffee, four (4) hours prior to your appointment.

HOW LONG IS THE EXAM?

Please allow 2-3 hours for your PET/CT appointment. There are two stages of the PET/CT exam.

1. You will receive an injection of the radiopharmaceutical FDG (Fluorine-18), after which you must wait 60 minutes, based upon your diagnosis, for your body to metabolize the FDG. You will rest comfortably during this time. Next, you will be asked to empty your bladder right before the technologist begins your scan.
2. You will be escorted to the PET/CT scanning area. You will be asked to lie down on a table that passes slowly through the PET/CT scanner. The scanner resembles a CT scanner. You should expect the scan to last approximately 30-35 minutes.

INSTRUCTIONS FOR YOUR PET SCAN

Meal ideas for the 24 hours before your PET scan (nothing 4 hours before your scan)

Do not eat or drink anything for the 4 hours before your PET scan. The ONLY exception is that you may have water or black coffee.

It is important to follow a very limited carbohydrate (**no sugar**) meal plan prior to your PET scan.

FOODS THAT MAY BE EATEN:

BREAKFAST:

- Eggs
- Sausage or bacon
- Black coffee (*no creamer of any type*)

LUNCH:

- Steak or fish
- Salad (*no tomato, cheese or croutons; no salad dressing—only olive oil or vinegar*)
- Broccoli
- Omelet with approved unbreaded vegetables

DINNER:

- Roasted chicken breast or
- Grilled pork chop
- Green beans
- Water

PROTEIN:

- Deli meat
- Eggs
- Non-breaded fish, shellfish or crab (*without sauce*)
- Non-breaded chicken, pork, lamb or ham (*without sauce*)
- Peanut butter (*1-2 tablespoons total for the day*)

DAIRY:

- Butter

CONDIMENTS:

- Mustard
- Oil
- Olives
- Vinegar

VEGETABLES

(UNBREADED):

- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Spinach
- Zucchini

- **You may have unsweet tea and diet soda the day before the scan (avoid the day of your PET scan).**
- **No protein drinks such as Ensure or Boost should be consumed 24 hours before your PET scan.**
- **If you are using a feeding tube, do not use any formula for 15 hours prior to your PET scan.**

IF ANYTHING IS EATEN WITHIN FOUR (4) HOURS PRIOR TO THE EXAM, THERE IS A SIGNIFICANT DECREASE IN THE ABSORPTION OF THE FDG RADIOPHARMACEUTICAL. THIS WILL DECREASE THE AMOUNT OF RADIOACTIVITY UPTAKE IN THE ABNORMAL CELLS AND WILL GENERATE A SUBOPTIMAL SCAN. THIS INCLUDES GUM, CANDY, MINTS, ETC.

INSTRUCTIONS FOR YOUR PET SCAN

FOODS THAT MUST NOT BE CONSUMED BEFORE YOUR PET SCAN:

ALL foods containing sugar and most processed foods. Even “low-carb” foods should be avoided.

- All breads
- All juices
- Beans
- Beer
- Breaded foods
- Candy
- Carrots
- Chips
- Corn
- Cough Drops
- Crackers
- Fruit
- Gravy
- Gum
- Ice cream
- Jams
- Ketchup
- Legumes
- Liquor
- Milk
- Mints
- Mushrooms
- Onions (Edamame)
- Pasta
- Peas
- Potatoes
- Pretzels
- Radishes
- Rice (brown and white)
- Rice cakes
- Sauces
- Soybeans
- Squash
- Syrups
- Tea with any sugar
- Tomatoes
- Veggie burgers
- Wine
- **Avoid any foods that contain sugar**

DIABETIC PATIENT INFORMATION

Do not take diabetic medication four (4) hours prior to your test.

If you are diabetic and take oral diabetic medication and your PET/CT appointment is in the morning:

Do not eat or drink anything for four (4) hours before your exam except water and non-diabetic medications. Do not take oral diabetic medications four (4) hours prior to your appointment.

If you are diabetic and take oral diabetic medication and your PET/CT appointment is in the afternoon:

You may have a light breakfast and take your morning medications - including oral diabetic medication, as long as it is not four (4) hours prior to your appointment. Do not eat or drink anything except water or black coffee for four (4) hours before your exam.

If you are a subcutaneous insulin dependent diabetic:

Your appointment should be scheduled for late morning or afternoon. You may eat a light breakfast and take 1/2 of your regularly prescribed insulin, as long as it is not four (4) hours prior to your appointment. Do not eat or drink anything except for water or black coffee for four (4) hours before your exam. Please bring your diabetic medication with you.