



What to expect at your PET/CT Scan - Minors

PATIENT PREPARATION INSTRUCTIONS FOR PARENTS/CARETAKER

- **CLOTHING** - Please dress your child in **WARM, comfortable, loose fitting clothing**. No metal zippers, buttons or belt buckles. If necessary, a gown will be provided. Please leave all jewelry at home or you will be asked to remove their jewelry. Bring a pair of socks, slipper and sweater.
- **TOYS** - You can also walk with their favorite blanket or toy/s.
- **MEDICATIONS** - Bring all their medications.
- **ACCOMODATION** - One (1) parent is allowed to be with the child during the procedure once the consent form is signed and the other can be in the family waiting area.
- **No children are allowed at the facility unless they are a patient.**

YOUR CHILD CANNOT HAVE A PET/CT SCAN IF HE/SHE HAS:

Surgery	No sooner than 6-8 weeks from your procedure
Radiation Therapy	No sooner than 12 weeks from last session
Chemotherapy	No sooner than 3 weeks from last session
Menstruating	No sooner than 1 week after last period
Renal-Impaired Patient	Requires clearance from your Nephrologist or Urologist

DAY PRIOR TO EXAM:

1. Drink six (8-oz.) glasses of water.
2. **AVOID** strenuous play time habits and repetitive motions such as running, jogging, or cycling etc. for 24 hours prior to their exam. These activities can lower the quality of the images that we get from their PET/CT.
3. No sugars, including beverages, candy, fruit, juices, gum, breath mints or sweeteners.
4. Let them eat a high protein, low carbohydrate meal, such as steak, chicken or fish. Avoid pasta, bread and rice (See Patient Dietary Instructions).



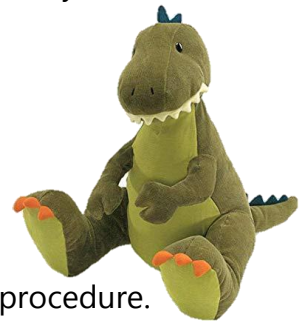
DAY OF THE EXAM

1. **MORNING** appointments - do not allow them to eat anything after midnight or
2. **AFTERNOON** appointments – let them eat a light meal at least 6 hours before the scheduled PET-CT scan.
3. Please allow them to drink plenty of water up to the exam time. It is important that they are hydrated for the scan.
4. **NO cough medications** since it frequently contains sugar.
5. No caffeine, nicotine or alcohol for 12 hours prior to exam (refer to **Patient Dietary Instructions**)
6. Bring any prior CT, MRI or PET/CT films, CDs and reports with you.

IMPORTANT INSTRUCTIONS IF THEY ARE DIABETIC:

If they are diabetic, do not allow them to eat or drink anything except plain unflavored water within 4 hours of their appointment. High or low glucose levels can affect the PET scan result.

1. If the blood glucose levels are less than 60 mg/dl or above 150 mg/dl, we may have to delay, postpone or cancel the exam.
2. DO NOT ADMINISTER INSULIN WITHIN 4 hours of their exam.
3. Other medications should be taken when they normally would.
4. If you have a glucometer, please bring it with you.



DURING THE PROCEDURE:

1. A Technologist will answer all your questions and guide you through their procedure.
2. They will check your child's blood glucose levels.
3. An IV will be started in their arm to administer a small amount of FDG (our metabolic tracer). The liquid is safe and will not hurt your child.
4. After the injection, they will rest quietly in a recliner for 30-90 minutes while the tracer circulates and is absorbed in their body. Your child should stay very quiet and as still as possible during this waiting period.
5. They will be positioned on a table that passes through the scanner. The scan should last 20-45 minutes. The PET/CT Scanner will not touch your child and the scan does not hurt. Your child will be asked to stay very still and quiet during the scan.

