nova scotia
health authority

Pt: _____Tel:_____

Your PET scan appointment is: Date: _____ Time: _____

Please leave a message at 902-473-5971 to confirm your appointment.

PREPARATION INSTRUCTIONS:

- If you are insulin dependant diabetic please leave a message at 902-473-5971 and a technologist will call you back to discuss your medication.

- On the day of your PET scan DO NOT EAT for 5 hours before your appointment time. Before this time, you are encouraged to eat a light meal, such as toast with peanut butter or margarine, milk, tea or coffee (no sugar), eggs, or sugar free cereals. Please do not have any sugar for breakfast.

- In the 5 hours that you cannot eat, you can drink WATER (only water). Please drink at least 2 – 3 glasses of water before your appointment.

- DO NOT HAVE ANY MINTS OR CANDY AND DO NOT CHEW GUM BEFORE YOUR APPOINTMENT.

- Do not exercise and avoid heavy physical activity 24 hours before your appointment.

- Please take your medications as normal, EXCEPT diabetic patients. Diabetic patients are to follow the special instructions discussed with the Technologist.

- Please arrive on time for your appointment and register at the PET Reception Desk. It is located on the second floor of the Victoria Building at the Victoria General Hospital. Your appointment will take approximately 3 hours.

- Please wear comfortable clothing without zippers or metal buttons. You may bring a change of clothes with you, such as sweatpants without metal or pyjama pants. You may wish to wear a long sleeve top as well due to air conditioning, some patients find the area cool. Jewellery may need to be removed before your exam.

- If you are claustrophobic, please talk to your Doctor. Your Doctor may give you a medication to help you relax when you are having your scan.

To find out more about us and your procedure, please visit our public website at – www.cdha.nshealth.ca, from the top green bar choose "Programs & Services", under "D", choose "Diagnostic Imaging", click on "Visit Website" and on the left side of the page choose "PET Centre".

July 2015