



**Mount  
Sinai**  
Morningside

**PREPARING FOR YOUR PET CT F-18 FDG  
INFECTION EXAM**

**EXAM DATE**

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**ARRIVAL TIME**

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**LOCATION**

440 114th Street  
3rd Floor, Room 380  
New York, NY 10025

**PHONE**

212-636-4809 (Scheduling)  
212-523-3425 (Nursing)

**All patients must arrive two hours before their appointment. It is very important that you arrive on time. Please plan to stay for at least three hours.**

**Adjusting your diet and avoiding exercise are the two most important parts of preparing for this exam.**

**Do not exercise for at least 24 hours before your exam.**



**It is very important that you**

- Have at least two meals or more, the day before your exam
- Eat only high fat and high protein foods, such as:
  - meats, including bacon, chicken, fish, steak, salmon, turkey, or eggs
- Do not eat any carbohydrates during the 24 hours before your exam
- Drink only clear liquids (nothing with milk or sugar)
- Do not eat or drink anything after 7:00pm, other than water



**Please avoid the following foods**

- All breads, pastas, rice, and anything which contains sugar
- Vegetables and fruits
- Nuts
- Dairy items, including milk, yogurt, and cheese
- Candy or desserts (including sugar-free products)
- Condiments such as honey, sugar, mayonnaise, salsa, ketchup, maple syrup, relish, or hot sauce
- Drinks with sugar, including alcohol, fruit juice, soda, and milk
- Foods that are grilled, breaded, or which contain milk or vegetables  
**(you may eat foods that are broiled or fried in butter or olive oil)**

**Remember to stop eating by 7:00pm. You may continue to drink water.**

**Please write down everything you eat and drink during the 24 hours before your exam.**

Please bring this list to your appointment.

Morning

Afternoon

Evening



**BEFORE YOUR EXAM: ADDITIONAL INFORMATION**

**Medication**

- Please follow the instructions provided by your doctor.
- Please bring a list of all medications you are currently taking. This includes prescriptions, over-the-counter medications, and any vitamins, herbs, or other supplements.

**Pregnancy**

- Please let your doctor know if there is any chance you may be pregnant.

**If you have diabetes**

- Do not take your oral medications on the day of your exam.
- If you are insulin-dependent, do not alter your insulin pump. Do not administer insulin on the morning of your exam.

**What to wear**

- Please wear comfortable clothing.
- Do not wear anything which includes metal. Please leave all jewelry and other valuable items at home.
- Do not apply any lotions, oils, or creams to your skin on the day of your exam.

**DURING YOUR EXAM**

- Your provider will go over what to expect during your exam.
- Your Nurse will place a temporary IV line into your arm or hand.
- Your Nurse will check your blood sugar by performing a glucose test.
- You will receive an injection and be asked to relax for about 60–90 minutes (an hour to an hour and a half).
- After 60–90 minutes, we will ask you to please go to the restroom to urinate (pee).
- You will be taken back to the exam room, where you will lay down on your back with your arms above your head.
- You will be under the scanner for about 30 minutes. We will take pictures from the top of your eyebrow to your mid-thigh. We will also take special pictures of your heart.
- The images will be reviewed by a doctor and you will be free to go home.

**AFTER YOUR EXAM**

- Please drink lots of fluids and urinate (pee) as much as possible during the hours immediately following your scan. This helps minimize the radiation exposure to your bladder.
- Avoid pregnant women and infants for six hours following your exam.
- You will receive your test results within three to five business days. The doctor who ordered your exam will share the results with you. They will speak with you about what your results mean, and any next steps you may need to take.

**Please let us know at least 48 hours (two days) before your appointment if you need to cancel or reschedule your exam.**

[insert contact information]

Name

Email

Phone