





Information for Patients Requiring a PET Scan



Items to Confirm	When You Make an Appointment	On the Day of the PET Scan Appointment (: , / /) time yyyy/ mm/ dd	Other Cautions
Medical Interview and Time of Visit	Please fill in the consent form and the medical interview sheet with your doctor.	Please come to the PET scan room 30 minutes before the time of your appointment.	◆ If you have any questions or concerns, feel free to ask the staff at the PET scan room.
Implanted Medical Devices	If you have implanted medical devices such as a pacemaker , please inform your doctor.	◆ Libre (blood glucose meter) will be removed during the scan. We cannot provide you with a replacement. ◆ If you have a pacemaker, please bring your medical device identification card or notebook on the day. 	◆ If you cannot come for your PET scan or anticipate being late for your appointment, please let us know in advance.
Dietary Restrictions and Exercise	Patients with cardiac sarcoidosis need to fast or eat a low carbohydrate diet for 18 hours prior to the PET. Please confirm this with your doctor before making adjustments to your diet.	◆ Please fast for 6 hours prior to your PET scan appointment . You can drink water or other beverages that do not contain sugar or milk (e.g., tap water or tea). Please do not eat candy, or chew gum. ◆ Please refrain from exercising the day before and the day of your PET scan.	◆ If you are pregnant or suspect that you may be, please consult with your doctor. ◆ If you are taking any medication, please consult with your doctor.
Diabetic Patients	◆ On the day of the PET scan, diabetic medication and insulin should be administered only after having completed the scan. ◆ If it is difficult to withhold insulin because of your medical condition, please consult with your doctor. ◆ Other medications can be taken as usual.	◆ PET Scan Procedure: The whole PET scan procedure takes about two - three hours. You will not be allowed to leave the PET scan room until the scan has been completed.  After your blood glucose level is measured, you will receive an intravenous injection of a tracer medication (FDG).  You will then be asked to rest for one hour so that the tracer medication can be distributed throughout the body. 	◆ Depending on the progress of the scan, the actual scanning time may be longer than originally stated. ◆ If you have claustrophobia (fear of being in a closed space), please inform the PET scan room staff in advance.
Others	If you cannot lie still because of claustrophobia (fear of being in a closed space) or pain , please consult with your doctor. Note: The actual scanning takes about 30 minutes.	Prior to the scan, you will be asked to empty your bladder. After urinating, the scan will be performed and will take about 30 minutes to complete. In some cases, a second scan may be required. 