

PET/CT Patient Instructions

BC Cancer – Kelowna

399 Royal Avenue
Kelowna, BC V1Y 5L3
Reception: 250-861-6456
Toll-free: 1-888-563-7773

BC Cancer – Vancouver

600 West 10th Avenue
Vancouver, BC V5Z 4E6
Reception: 604-707-5951
Toll-free: 1-800-663-3333 x5951

BC Cancer – Victoria

2410 Lee Avenue
Victoria, BC V8R 6V5
Reception: 250-519-5754
Toll-free: 1-800-670-3322

The PET/CT appointment will last approximately **2 hours**. Also, BC Cancer is a scent-free facility. Please refrain from wearing cologne or perfume when coming for your appointment.

Mandatory preparation instructions (please read carefully)

- **Do not eat or drink (except plain water) for 6 hours** prior to your arrival time.
 - No juice or flavored drinks
 - No meal replacement drinks such as Boost® or Ensure®.
- **Drink 3-4 glasses of plain water** within 2 hours of arrival time for hydration (unless unable to tolerate). You may use the washroom at any time.
- Avoid any strenuous physical activity for 24 hours prior to your appointment and do not chew gum the day of your appointment.
- Bring a list of medications and a list of any lifetime surgeries.
- Take your regular medication(s) as normal if the medication does not contain sugar.
- If you are travelling over the border or by airplane within 24 hours after your PET/CT scan, please let the technologist know upon arrival so we can prepare a travel letter for you. Trace amounts of radiation will be detectable up to 24 hours after your scan.
- Please limit close contact with children under 16 years of age and pregnant women for 6 hours after your scan.
- If there is any chance you may be pregnant or if you are breastfeeding, please contact the PET department for further instructions.

For diabetic patients only (in addition to the above instructions)

- Your blood sugar level must be **below 11.1 mmol/L** at the time of your appointment (optimally below 8.3 mmol/L).
- **Insulin - Do NOT take insulin within 4 hours** prior to PET appointment or the appointment will be rescheduled.
 - If applicable, take ½ of your long-acting insulin the night before. Hold all insulin the morning of the appointment, or at least 4 hours prior to your appointment.
 - Each of the 3 days prior to your appointment, check your blood sugar level in the morning **before eating** to see if you are below 11.1 mmol/L in a fasting state.
 - **Please call us if your blood sugar is above 11.1 mmol/L on any of the 3 days.**
 - Consult with your physician to determine the safest way possible to manage your blood sugar level before your scan if you have concerns.
- **Metformin** – Do NOT take Metformin for 48 hours before PET appointment. For all other **diabetic pills (oral hypoglycemic)**, take as normal.