

### General Preparation Instructions for all exams:

- Bring your Health Insurance Card and another piece of identification with this form.
- If you are unable to keep your appointment, we ask that you call us 24 hours prior to your examination. We would be happy to re-schedule your appointment.
- Bring your medications or a detailed list with dosages included. Take your medication(s) as directed by your physician. Should you have any questions about taking your medications for the test, contact your doctor's office.
- Consent will be required for pediatric patients (under 18 years) or for those with special needs.

### Location

**Century Park - 201-2377 111 ST NW**

Located on the 2nd Floor, in a retail and business facility with ample free parking. The Edmonton Transit System has several bus routes that serve the area, as well as the LRT which stops at the Century Park station.

Please provide your license plate number when you check in.

*Note that scheduling flexibility may be restricted by radiotracer availability depending on the examination.*

### Specific Exam Preparation Instructions

#### FDG PET Body & Brain

Avoid strenuous exercise such as jogging and weight lifting. Excessive muscle activity can interfere with the interpretation of your images.

- Follow a high protein / low carb diet. Limit the amount of bread, pasta, potatoes, cereals, rice, desserts, candy and sugar eaten.
- Patients taking diabetes medications should consult their diabetes care provider for medication review and possible adjustment while on clear fluid diet and/or during fasting.
- For a morning appointment do not eat after midnight on the day of the exam. This includes no chewing gum, hard candy, or beverages containing sugar.
- If your appointment time is in the **afternoon**, eat a light breakfast ending no later than 08:00 am.
- Drink as much water as you like. No other beverages.
- Do not eat anything for minimum 6 hours before the exam.
- Do not take over the counter medications that contain sugar, such as cough syrup.
- Do not use medical or recreational cannabis for 72 hour prior to appointment time. No opiates and other derivatives for 6 hours prior to appointment time. No valium and benzodiazepines for 6 hours prior to appointment time.
- The entire appointment may take about 2-3 hours.

#### PET CT for the HEART

- Cardiac examinations are covered under Alberta Health Care Insurance Plan (AHCIP) for patients that have valid insurance.

#### RUBIDIUM PET Cardiac Perfusion

- Patient attire: loose clothing; no metal.
- **NO caffeine for 24 hours** (includes food and drinks such as coffee (even decaffeinated), tea, caffeinated sodas, energy drinks, chocolate, as well as other coffee/chocolate-flavoured foods such as candies, bars, pudding and ice cream; daytime/non-drowsy formulations of medications such as Tylenol 3, cough/cold/decongestant, and allergy medications also frequently contain caffeine (check package label)).
- **Do not** eat and **do not** drink for 4 hours prior to exam.

#### FDG PET Cardiac Viability and Metabolism

- **Do not** eat and **do not** drink for 8 hours prior to exam.
- Only available for non-diabetic patients in the clinic.
- You may take your prescribed medication(s) as directed by your doctor before the procedure with sip(s) of water.
- The entire appointment may take 2-3 hours.

#### FDG PET Cardiac Sarcoidosis

- Diet instructions will be provided by the Nuclear Medicine department.
- No intense exercise for 36 hours prior to the appointment time (e.g. jogging, strength training, aerobics etc.).
- 12 hours prior to exam: Complete fast - **no** gum, **no** cough drops or syrup, **no** caffeinated drinks, **no** flavored or fruit infused water.
- Plain water can be consumed during the 12 hour fast.

#### DOTATATE PET Body & Brain

- All short acting somatostatin analogs (SSAs; e.g. octreotide) should be discontinued for 12 hours prior to the examination.
- If on long-acting somatostatin analogs (e.g. octreotide long-acting release, lanreotide), PET imaging should be scheduled just prior to dosing with long-acting somatostatin analogs (interval of at least 3-4 weeks after administration).

#### PSMA PET Body

- Nothing to eat or drink except water for minimum 4 hours prior to exam.

Partnered with



For more information on PET CT examinations offered at MIC Medical Imaging, patients and physicians are encouraged to visit [mic.ca](http://mic.ca)