

# BRAIN PET-CT IN NUCLEAR MEDICINE

## Getting ready

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais

Québec 

### 24 hours prior to the exam:

- Eat normally but pay close attention to **sugar** intake.
- Do not consume any desserts, soft drinks, chocolate or wine.
- Fresh fruit is permitted.
- Do not use mouthwash, gum or syrup when brushing teeth.

### 12 hours prior to the exam:

- No nicotine is permitted: cigarettes and vaping.

### Day of the exam:

- Having someone with you for the exam is strongly recommended.
- You must fast for six hours before the appointment time.
- Water and medication are permitted at all times.
- Diabetic patients **MUST** take their oral hypoglycemic medications in the morning but no insulin. The night before, it is best to use slow-acting rather than fast-acting insulin if possible.
- Bring your health card and Gatineau Hospital card.
- Bring your current list of medications (the pharmacy can provide you with an updated copy).
- You will be in the department for a total of three hours.

#### Where to go:

Gatineau Hospital  
909 La Verendrye Blvd. West, Gatineau, QC J8P 7H2  
First floor, Door 8, Nuclear Medicine

#### To contact us:

819-966-6166  
or  
819-966-6100, ext. 333355