

PET-CT IN NUCLEAR MEDICINE

Getting ready

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

Québec 

48 hours prior to the exam:

- Do not engage in vigorous exercise, walking only.
- Do not get cold, keep warm.

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:

- 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.
- Wear warm, comfortable and metal-free clothing (no zippers or bras with underwire and hooks and eyes).
- Do not wear jewellery.
- Bring your health card and Gatineau Hospital card.
- Bring your current list of medications (the pharmacy can provide you with an updated copy).
- Bring a bag to hold your personal belongings.
- Bring a drink, snack and something to pass the time.
- You will be in the department for two to five 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