



MEDICAL CLINIC OF HOUSTON L.L.P. - Non-Invasive Cardiology
1701 Sunset Boulevard, Houston, Texas 77005
713-526-5511 x 2601

Patient Preparation Instructions

FDG Eyes-To-Thighs/Whole Body/Brain Scans

WHAT TO EXPECT THE DAY OF EXAM:

1. Please arrive 10 minutes before your appointment to fill out paperwork.
2. The entire study should take approximately 1.5 - 2 hours.
3. Your blood sugar will be checked prior to the exam. Ideal levels should be between 70 - 150mg/dL. If your blood sugar is above 200 mg/dL, your test will need to be rescheduled.
4. An IV will be placed in your arm and you will receive an injection of a radioactive material, Fluorodeoxyglucose (FDG). This material will not cause any symptoms and does not have any known side effects.
5. You will sit quietly in a private room under a blanket for approximately 1 hour. You will be asked to empty your bladder before the images are taken.
6. You will lie down under a scanner with a pillow under your head and knees for approximately 20-30 minutes.
7. You may resume normal activities following your exam.
8. The images will be read by a board certified radiologist and the final report will be sent to your physician.

PREPARATION:

24 HOURS PRIOR TO EXAM:

1. Patients should limit strenuous activity.
2. Eat a low-carbohydrate/high protein dinner the night before your exam (ex: Grilled fish, chicken, pork).

6 HOURS PRIOR TO EXAM:

1. Fast for 6 hours prior to exam. **WATER ONLY.** Please do not consume food, sugary drinks, gum, caffeine, or alcohol.
2. Do not take any sugar-containing medications (cough syrup, cough drops, sugar coated aspirin, etc.).
3. Do not smoke or use any nicotine products.
4. Drink plenty of water to stay hydrated during this 6-hour fasting period.

MEDICATION RESTRICTIONS:

DIABETIC PATIENTS:

1. Discuss your insulin or oral hypoglycemic medications with your physician for best chances of meeting the blood sugar requirements.
2. Do not take oral diabetic medications the day of exam (you may take them after study is complete).
3. Do not take insulin within 4 hours of exam.

NON-DIABETIC PATIENTS:

1. There are no medication restrictions, but avoid any medications containing glucose or dextrose.

CLOTHING:

1. **DRESS WARMLY** – even in summer months. Wear loose, warm clothing without metal (no zippers, underwire bras, buckles, etc.). To get the best test results, you must not be chilled prior to or during your scan.
2. Please leave jewelry, watches, and metal accessories at home.