

## Extensive PET-CT scan of myocardial metabolism

This examination is used to evaluate the viability of the cardiac muscle, or to assess an inflammatory process in the heart.

The total duration of the examination is about 2 to 4 hours.

If you are pregnant or suspect that you are pregnant, call the number listed in the arrival instructions. This examination is generally not carried out during pregnancy.

### Preparation for examination

**You need to follow all instructions for preparation. Failing to follow the instructions may lead to cancellation of the examination appointment.**

**Do not eat anything** for at least 12 hours prior to your scan. Chewing gum and cough drops are prohibited as well. You may drink water.

You may take your prescribed oral medication with water.

Remove all jewellery and any clothes containing metal.

Avoid exercise and physical activity prior to the scan.

**Follow these diet instructions during the day before the examination.**

**Enter your meals and their time of day in the diet journal included as an appendix.**

### You can eat:

- Chicken, broiler and other meat products, fish, crustaceans, eggs, bacon, full meat sausages.  
Note! Not marinated or breaded products!
- Matured cheese (e.g. Emmental, Edam)
- Oil and margarine (60-70% fat)
- Clear broths (meat, fish, vegetable and chicken stock)
- Spices and herbs
- Water
- Completely unsweetened soft drinks and energy drinks
- Coffee and tea without sugar or milk
- Artificial sweeteners (e.g. Hermesetas, Canderel)

For breakfast, you can have, for example, cold meat cuts, fried bacon or eggs. Drink coffee, tea or other unsweetened drinks without sugar and milk. For lunch and dinner, you can have an omelette without milk and with added meat, fish and/or cheese, for example.

### Forbidden food – do not eat:

- Bread, porridge, cereal, cookies, pastries etc, and all products that contain cereals.
- Potato, rice, pasta
- All dairy products (matured cheese is allowed)
- All sauces, including salad dressings
- All fruit and berries
- All vegetables, root vegetables, beans and lentils
- Nuts, almonds, marzipan
- Juice of fruit and soft drinks, juices and energy drinks that contain sugar
- Cold cuts with breaded crust

## Patient Instruction

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- Sugar and honey, all sweets and chewing gums, also unsweetened products are prohibited
- Alcohol
- All food not included in the list of allowed food

### Diabetic patients:

Monitor your blood glucose levels regularly for at least 2 weeks before the PET-CT scan. If your glucose levels are elevated repeatedly, please contact the unit responsible for your care.

**Take any oral diabetes medication as usual.**

**Please note!** Do not eat or inject insulin before the examination if you are on multiple-dose injection therapy and the examination takes place in the morning.

**Follow the instructions below if the examination takes place in the afternoon.**

If you use insulin injections, administer injections as follows:

- Rapid-acting or ultra-long-acting insulin injected in the morning (e.g. Apidra®, Humalog®, Novorapid®, Lantus®, Levemir®, Toujeo®, Tresiba®)  
→ Have breakfast and inject insulin **4 hours** before the examination
- Short-acting insulin injected in the morning (e.g. Actrapid®, Insuman Rapid®)  
→ Have breakfast and inject insulin **6 hours** before the examination
- Long-acting insulin injected in the morning (e.g. Protaphane®, Humulin®)

→ Please contact the examination unit (see the arrival instructions for the phone number)

- Insulin injected in the evening  
→ As usual

### Examination

At the beginning of the examination, you will rest for 1 to 2 hours at the ward. **You are not allowed to move, read or use your phone while resting.** An intravenous catheter (thin tube into a vein) will be placed into your arm, and a small amount of radioactive contrast agent will be given via the catheter. The contrast agent contains glucose.

The imaging will begin after about one hour. During the scan, you will be lying down and you will need to remain still. The imaging takes approximately 30 minutes. The examination is painless.

The examination also includes a CT scan (computed tomography). The scans are performed simultaneously.

A myocardial perfusion scan will be performed as an additional examination. You will receive a separate appointment for a different day for this. This examination has separate preparation instructions.

## **After the examination**

After the examination, drink plenty of water and empty your bladder more frequently than you normally would. This is to make sure that the radioactive tracer leaves your body.

After receiving the radioactive contrast agent, do not hold a child or remain in prolonged close contact with children for the remainder of the day.

If you breastfeed, you must stop breastfeeding for 4 hours after the radioactive tracer is administered. The milk expressed during this period must be poured down the drain.

## **Other things to note**

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.



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## Patient information form for PET scan

Please fill in the form the day before the examination and bring it with you.

Name: \_\_\_\_\_

Personal identity code: \_\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_

### Have you ever had an allergic reaction to contrast material in any previous contrast-enhanced scans?

yes  no

### Have you had some surgery / endoscopic procedure / biopsy in the past six months?

yes  no

Which one, when? \_\_\_\_\_

### Do you have any foreign objects in your body (made of metal):

What objects: \_\_\_\_\_

Where: \_\_\_\_\_

### Do you have, or have you had any of the following (check the box):

- diabetes  tuberculosis
- heart attack  intestinal infection
- kidney disease
- other inflammatory disease, please specify: \_\_\_\_\_
- other long-term illness, please specify: \_\_\_\_\_
- trauma (fractures, injuries), please specify: \_\_\_\_\_

**Have you taken/received the following medicines in the past 2 weeks?**

Cortisone  yes  no

Blood cell growth factor  yes  no

Cytotoxic/Cytostatic drugs  yes  no

**If you have received cytostatic therapy or blood cell growth factor therapy within 2 weeks before the examination date, please contact the Nuclear Medicine Unit in Meilahti, tel. 09 471 72554.**

**Have you received radiation therapy in the past 3 months?**

yes  no

When? \_\_\_\_\_

On which area? \_\_\_\_\_

**If you have received radiation therapy within 3 months before the examination date, please contact the Nuclear Medicine Unit in Meilahti, tel. 09 471 72554.**

**Do you have a scheduled appointment / telephone call with your doctor?**

yes  no

When is it? \_\_\_\_\_

**Question for women:**

Is it possible that you are pregnant?

yes  no

If you suspect that you might be pregnant, please contact the unit responsible for your care before the examination.

Thank you for your answers.



