How did I get selected to have this scan?
Your physician has ordered a PET/CT scan. The primary reasons for a PET/CT scan are to evaluate treatment response or evaluate heart function.

What is PET/CT?
The first part of the test is to examine the blood perfusion to your heart and you will be injected with the radioactive material while in the scanner for 10 min. The second part of the examination involves an injection of a small amount of radioactive sugar into a vein in your arm. It takes up to 60 minutes for the radioactive tracer to be absorbed by your tissue. You will be asked to sit quietly in an isolated room. You will be asked to refrain from all activity including reading or watching television while the radioactive sugar is being absorbed. This tracer is not a dye and causes no side effects or reactions. Afterward you will have a second set of images that will take approximately 30 min.

What kind of information does the test give?
PET/CT studies give your Physician vital information about your disease and the staging process of your disease.

What can I expect?
1. Individuals considering PET/CT imaging should make sure it is safe to undergo this test. If you have any of the following conditions or other concerns please consult your physician before undergoing this test:
   a. Pregnant
   b. Breast feeding
   c. Under the age of 18 years
   d. Have kidney or liver failure of other significant medical conditions
2. If you are able to undergo this test, confirm with your insurance that the test is covered for you.
3. Schedule the test on a day that you have sufficient time as it will take up to 3 hours to complete
4. Arrive at the CCIR facility at the University of Minnesota which is located at 2021 Sixth Street SE; Minneapolis, MN; Phone 612-626-6900. Please arrive 30 min prior to your scheduled scan time.
5. Parking is free and you can park your car along the east side of the building and come inside to ask the receptionist for a parking permit to put on dashboard
6. Review procedures with imaging personnel and decide if you wish to undergo this test
7. You will have a needle placed into a vein (intravenous line or i.v.) so that the Radiopharmaceuticals can be administered.
8. You will have two sets of pictures the first will take about 10 minutes and the second will be about 30 minutes and you will be placed on your back in the PET/CT machine
9. The test will take about 3 hours to perform.
10. During the scan please remain as still as possible.
11. You may have additional images as per specific protocols.
12. Please report to the technician or doctor if you have itching, redness, headache, nausea, vertigo, dry mouth, dizziness, breathing difficulty, injection site pain or any other symptom.
13. If you feel unwell at any time after this test, call your doctor or call 9-1-1 and go to the emergency room immediately.
14. Results will be provided to the physician who ordered this test. You may receive a letter from your doctor describing your results. If you have any questions about your test please speak with your physician.
How much discomfort is there with this test?
You will have an IV placed in one hand or arm. You will feel the “poke” for 2 to 3 seconds. It is unlikely that you will notice any symptoms after the FDG is given. When you are being scanned, you will need to lie still for 10-15 minutes for the first test and 40 minutes for the second test. If you have concerns about this, please let your doctor know before the scan.

Will I be radioactive?
The radioactivity decays quickly. The “half-life” of the FDG is about 2 hours. In a day, you will have about 1% of the activity remaining in your body. You may resume your regular activities right after the exam. Drinking extra water after your scan will help you eliminate the FDG.

Are there specific eating/drinking suggestions?
You will need to follow a high fat diet for 24 hours prior to the test. No breads, grains, sugars, fruit or sugar substitutes are allowed the 24 hours prior to the scan. If the diet is not followed your study will need to be rescheduled.

When, how, and from whom, will I get my results?
PET/CT scans are read by a nuclear medicine physician. This doctor will also look at prior PET/CT scans that you have had or if your last PET/CT was outside the Fairview Health System please bring a copy with you. The doctor who referred you for this test will get your results within a week.

Will my insurance cover the test?
In most cases, your insurance will cover this test, especially if you are having signs or symptoms of movement disorders. Please call the customer service number on the back of your insurance card if you have questions.

Is there a co-pay?
Most insurance companies have their subscribers pay a percentage of the cost of this test. Again, please call the customer service number on the back of your insurance card if you have questions.

Why is it done at a research center?
This test is done at the Center for Clinical Imaging Research (CCIR) because it has the facilities for both a clinical and research scan.

How do I get there?
CCIR is located 2021 6th Street SE across the street from the north side of the TCF stadium on the campus of the University of Minnesota. There are precise driving directions and maps at the back of this brochure.

Can I drive myself?
Yes, free on-street parking is available to patients. A receptionist can give you a one-day patient parking permit for a parking spot adjacent to the facility. However, if you need prescription medication for claustrophobia or anxiety during the scan, you must have someone drive you home. You will also need to contact your Physician for a prescription that you need to bring with you to your appointment. The Technologist will tell you what time to take the medication. We will not permit you “drive under the influence” of sedating medications like valium® (diazepam) or ativan® (lorazepam)®

Who will be with me?
A nuclear imaging technologist will give you the medications used in this exam, and will also run the PET/CT scanner to acquire the images of body. A nuclear medicine doctor will be in the Center
for Clinical Research when the FDG is given to you. If you come with a friend or family member, they may wait in the lobby for you while you are being scanned.
Diet Instructions for Cardiac Sarcoidosis Studies

If **NO STRESS TEST** is ordered, then the patient can eat a fatty breakfast **TWO HOURS** prior to arriving for the test. The patient should follow the attached diet for cardiac sarcoidosis test for 24 hours prior to the test.

If **STRESS TEST**, the patient should be NPO for 6 hours and follow the attached diet for cardiac sarcoidosis 24 hours prior to the test.

Follow a no-carbohydrate, high-fat diet for the entire day prior to the study.

This is by no means an exhaustive list, but here’s a sampling of the kinds of foods you can eat when following a very strict low-carb, high-fat plan:

**Beverages:** club soda, coffee, tea, herbal tea (without sugar), iced tea, mineral water, seltzer, water

**Cheese:** Any real cheese (no processed cheeses like Velveeta) Anything that does not contain sugar

**Condiments & Seasonings:** anything that does not contain sugar

**Dairy Products:** Fats/Oils: butter, crème fraiche, heavy (whipping) cream, sour cream animal fats that are part of the meat you eat, butter margarine, vegetable oils (olive, peanut, walnut, sesame, safflower, rapeseed)

**Fish, Meat and poultry:** Any non-processed fish, meat and poultry, along with their eggs are allowed.

**Vegetables:** alfalfa sprouts, artichokes, asparagus, bean sprouts, bok choy, broccoli sprouts, broccoli, Brussels sprouts, cabbage, celery, cucumber, eggplant, fennel, greens (collard, turnip, beet), jicama, kohlrabi, any lettuce, mushrooms, okra, olives (if not processed with sugar), onions, palm hearts, peppers, radishes, summer squash, tomatoes, turnips, zucchini, and any fresh herb.

**Forbidden Foods:**

- Sweetners: acesulfame-K, aspartame (NutraSweet), saccharine (Sweet ‘N Low), stevia, sucralose (Splenda)
- Sugar in any form is strictly forbidden (including natural sugars in fruit)
- No pastas, breads, cereals, rice
- No candy or gum
- Processed products such as deli meats are discouraged. These products often contain hidden sugars.
- Starchy vegetables are not permitted: Corn, peas, carrots, most legumes, grains, and potatoes are not permitted.
Park east of the CCIR – between CCIR and the Wallin Bldg. 2021 6th Avenue SE; Minneapolis. Please come inside the CCIR to get a piece of paper to put on your
From East or West of Minneapolis:

- Take I-94 towards Minneapolis.
- Take the Huron Boulevard exit.

- Depending on the construction there will be two options:

  - **Option A:**
    - At first light turn left onto Fulton St and go 3 blocks till Oak St.
    - Turn right onto Oak St and travel across Washington Avenue and University Street.
    - SE Oak St curves to the west (left) of the TCF Bank Stadium.
    - At the first stop light at the intersection where Williams Arena, Mariucci Hockey Arena and the TCF Bank Stadium are located, take a right turn onto SE Oak St. If you continue to go straight you will be on 4th St SE.
    - Go one block on Oak St then turn right onto 6th St SE.
    - The CCIR is the second building on the left: 2021 6th Street SE.
    - Turn left onto a road east of CCIR and west of the Wallin Medical Building.
    - Park your car parallel to the CCIR building.
    - Go into the CCIR bldg to get a paper parking permit to put on your dashboard.

  - **Option B (this route may be closed):**
    - After exiting onto Huron from 94, proceed ~3 blocks down Huron Blvd to Washington Ave.
    - Continue straight across Washington Ave.
    - Continue straight across University Ave onto 23rd Ave SE.
    - Proceed ~3 blocks to SE 6th St SE.
    - Turn left on 6th St SE (SE 23rd Avenue continues onto SE 6th Street).
    - The CCIR is the second building on the right: 2021 6th Street SE.
    - Turn right onto a road east of CCIR and west of the Wallin Medical Building.
    - Park your car parallel to the CCIR building.
    - Go into the CCIR bldg to get a paper parking permit to put on your dashboard.

- **From North of Minneapolis:**
  - Take I-35W south towards Minneapolis.
  - Take the University Avenue exit and proceed east-bound.
  - Take the second left onto University Avenue.
  - Depending on the construction there will be two options:

    - **OPTION A:**
      - Drive ~11 blocks east on University Avenue to SE 23rd Avenue.
      - Turn left on Oak St SE Ave (Buffalo Wild Wings is on your left).
      - On Oak St SE get into the right lane immediately as it curves back to the direction where you started.
      - At the next traffic light which is at the intersection where Williams Arena, Mariucci Hockey Arena and the TCF Bank Stadium are located, take a right turn onto SE Oak St. If you continue to go straight you will be on 4th St SE which heads back to I-35 W South.
      - On SE Oak St go one block then turn right onto 6th St SE.
The CCIR is the second building on the left: 2021 6th Street SE

- Turn left onto a road east of CCIR and west of the Wallin Medical Building.
- Park your car parallel to the CCIR building.
- Go into the CCIR bldg to get a paper parking permit to put on your dashboard

• OPTION B (this route may be closed):
  - Drive ~12 blocks east on University Ave to 23rd Ave SE
  - Turn left on 23rd Ave SE.
  - Proceed ~3 blocks to 6th St SE
  - Turn left on 6th Street SE (23rd Ave continues onto 6th St).
  - The CCIR is the second building on the right: 2021 6th St SE
  - Turn right onto a road east of CCIR and west of the Wallin Medical Building.
  - Park your car parallel to the CCIR building.
  - Go into the CCIR bldg to get a paper parking permit to put on your dashboard.

**Construction is taking place on the University of Minnesota Campus. Depending on where you are driving from there are different directions below. Once on campus there are two different routes to the CCIR. Option B may be not be available if portions of Huron Blvd, University Ave SE, or 23rd Ave SE are closed due to construction. If this is the case we recommend option A that travels west around the TCF Bank Stadium using Oak St SE.**

**From South of Minneapolis:**

- Take I-35W north towards Minneapolis.
- Take the I-94 East exit.
- Proceed approximately 2 mi to the Huron Boulevard exit on the right.
- Take the Huron Boulevard exit.
- Depending on the construction there will be two options:
  - Option A:
    - At first light turn left onto Fulton St and go 3 blocks till Oak St
    - Turn right onto Oak St and travel across Washington Avenue and University Street.
- SE Oak St curves to the west (left) of the TCF Bank Stadium.
- At the first stop light at the intersection where Williams Arena, Mariucci Hockey Arena and the TCF Bank Stadium are located, take a right turn onto SE Oak St. If you continue to go straight you will be on 4th St.
- Go one block on Oak St then turn right onto 6th St.
- The CCIR is the second building on the left: 2021 6th Street SE
- Turn left onto a road east of CCIR and west of the Wallin Medical Building.
- Park your car parallel to the CCIR building.
- Go into the CCIR bldg to get a paper parking permit to put on your dashboard

- Option B (this route may be closed):
  - After exiting onto Huron from 94, proceed ~3 blocks down Huron Blvd to Washington Ave.
  - Continue straight across Washington Ave.
  - Continue straight across University Ave onto 23rd Ave SE
  - Proceed ~3 blocks to SE 6th St
  - Turn left on 6th St SE (SE 23rd Avenue continues onto SE 6th Street).
  - The CCIR is the second building on the right: 2021 6th Street SE
  - Turn right onto a road east of CCIR and west of the Wallin Medical Building.
  - Park your car parallel to the CCIR building.
  - Go into the CCIR bldg to get a paper parking permit to put on your dashboard.