



FDG PET/CT SCAN PATIENT EDUCATION

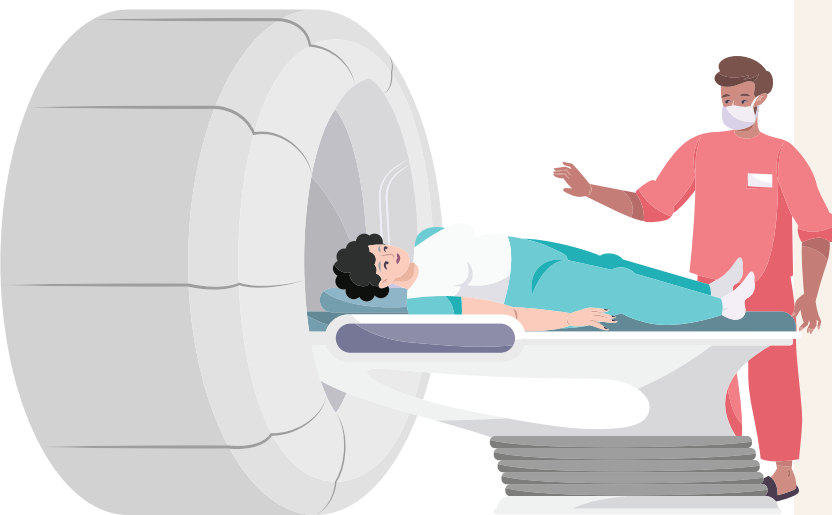


For Diabetic Patients

1. Begin fasting at **midnight (12 AM)**; only plain water is permitted during the fasting period.
2. Do not take any diabetic medications during the fasting hours.
3. Bring your diabetic medications with you to the appointment.
4. Avoid sweet food and maintain a low-carbohydrate diet the day before your appointment.
5. Ensure your glucose level is below **10 mmol/L**.

For Non-Diabetic Patients

Please fast for **5 hours** prior to your appointment time; you may only drink plain water during the fasting period.



General Instructions for All Patients



Bring any previous PET/CT, MRI, CT scan CDs/films and reports, as well as blood tests and biopsy reports if they were performed at other hospitals.



Stop taking steroid medications (e.g., Prednisolone, Hydrocortisone, Dexamethasone) one day before the scan.



Please inform us if you have any other procedures (e.g., blood tests or other scans) scheduled on the same day.



The procedure will take at least 3 hours. Delays may occur due to unforeseen issues with drug supply.

Please Take Note



The FDG drug is manufactured and supplied daily. Any delivery delay may affect the scanning schedule.



If the FDG drug is unavailable, our staff will reschedule your appointment.

Before the Scan



You will receive a small dose of radioactive sugar (FDG) via injection.



Rest for 45-60 minutes to allow the FDG to travel throughout your body.



In some cases, you may receive other medication to improve the quality of the scan images and results.

During the Scan

Note: Depending on your condition, you may need to repeat the scan on certain areas, which may take an additional 10-20 minutes.



After the resting period, you will be moved to the scanning room.



You are advised to empty your bladder before the scan.



The scan usually takes 20-30 minutes depending on your height and area of the body being scanned.

After the Scan



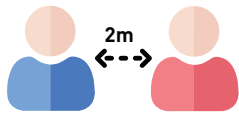
Once the scan is completed, you may return to the post-wait room where you can have your meal.



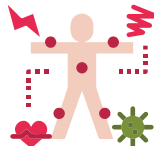
Drink plenty of water and empty your bladder frequently to flush away any remaining FDG.



Nursing mothers should wait for **24 hours** before resuming breastfeeding.



Maintain a **2 meter** distance from pregnant women and children under 12 years old for 8 hours.



If you experience symptoms such as nasal congestion, itchy eyes, hives/rashes, sneezing, tremors, pain, nausea, or dizziness, inform the staff immediately.



If symptoms occur after you leave the hospital, please contact your doctor or go to the nearest hospital.

For more information, kindly contact us at:

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The Nuclear Medicine Centre is located at:
Basement, Tower C

Operation Hours

Mondays-Fridays 8.30am - 5.30pm
Saturdays 8.30am - 12.30pm
Closed on Sundays and Public Holidays