

CARDIAC SARCOID PET-CT INFORMATION and PREPARATION

IMPORTANT: PLEASE READ CAREFULLY AND FOLLOW INSTRUCTIONS CLOSELY

This is a two-part test, usually undertaken over two consecutive days. Small amounts of short-lived radioactivity are used to detect abnormalities within cells in your body, particularly your heart.

Part 1: A radioactive cardiac perfusion tracer will be injected into a vein in your arm; it has no side effects, and you will experience no unusual sensations. After approximately 30 minutes, a scan of your heart will be taken (15 mins).

Part 2: A radioactive glucose tracer will be injected into a vein in your arm; it has no side effects, and you will experience no unusual sensations. Following the injection, there is a period

of rest in a quiet room for 1 hour before taking the PET images (25-35 mins). The total time taken for this procedure is 2-3 hours.

You are able to leave soon after each appointment. You will remain radioactive for a short period of time, and contact with small children and pregnant women should be limited for 4 hours from the time of each injection.

The report will be sent electronically to your referring doctor when complete.

For additional information about PET-CT please visit our website www.envisionmi.com.au

Please notify us at the time of booking if you are diabetic, as there may be extra requirements to ensure your blood sugar levels are optimal.

PREPARATION

1. Follow a high fat, low carbohydrate diet for 24 hours prior to your appointment.
2. You must fast from all food and drink (except plain water) for at least 15 hours prior to your appointment. You may take essential medications, but do not take vitamins, throat lozenges etc.
3. Drink 4 glasses of water during the hour prior to your appointment (1 glass every 15 minutes). You may go to the toilet as necessary.
4. Wear warm, metal-free clothing and remove jewellery.

Have you had any scans relevant to your current condition? i.e. PET/ MRI/CT		YES	NO
<i>If YES, where?</i> <input type="checkbox"/> Envision <input type="checkbox"/> PRC <input type="checkbox"/> SKG <input type="checkbox"/> SCGH/FSH <input type="checkbox"/> Other _____			
When were you diagnosed with your condition?			
Do you have diabetes?		YES	NO
<i>If YES, do you take insulin?</i>	YES	NO	<i>Do you take tablets?</i>
Do you take any blood thinning medications, or have a blood clotting disorder?		YES	NO
Are you currently taking steroids?		YES	NO
Have you had any recent infections?		YES	NO
<i>If YES, when and in which body part?</i>			
Do you, or have you ever smoked?		YES	NO
<i>If YES, how many a day and for how many years?</i>			

I have read this form, understand the purpose of the tests, and consent to the test being performed.

Patient Name			
Patient Signature (or signature of legal guardian)			Date
Signature of MIT/Radiologist		Signature of MIA/Nurse	

OFFICE USE ONLY

PATIENT ID CHECKLIST

NAME confirmed DOB confirmed GENDER confirmed ADDRESS confirmed

PROCEDURE CHECKLIST

TYPE confirmed CONSENT confirmed PREP Confirmed Signature of EMI Staff _____

CARDIAC SARCOID PET-CT DIET

IMPORTANT: PLEASE READ CAREFULLY AND FOLLOW INSTRUCTIONS CLOSELY

You must follow a high fat, low carbohydrate diet the entire day before your appointment.

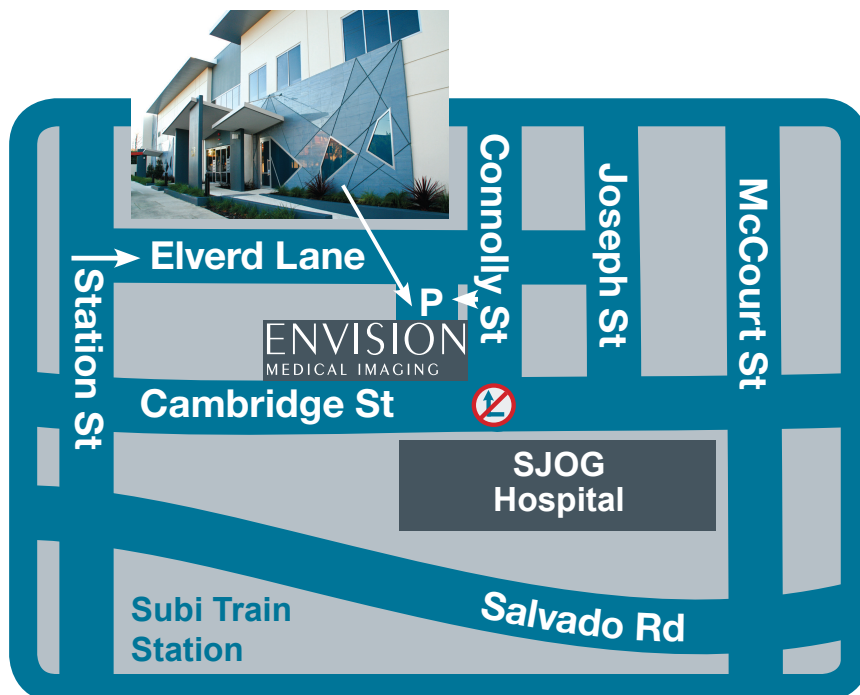
You must then fast from all food and drink for at least 15 hours prior to your appointment. Plain water is allowed.

ALLOWED FOODS:

- Any unprocessed meat, seafood, eggs
- Butter, margarine, cream, vegetable oils
- Unprocessed cheese (i.e. not slices)
- Non-starchy vegetables – asparagus, avocado, bok choy, broccoli, cabbage, capsicum, celery, cucumber, eggplant, lettuce, mushrooms, onions/shallots, spinach, squash, tomatoes, turnips, zucchini
- Nuts
- Coffee/tea (no milk), herbal tea

FORBIDDEN FOODS:

- No sugar/sweeteners in any form
- No pasta, bread, cereal, rice or legumes
- No potatoes, pumpkin, corn, peas, carrots
- No processed meats (salami, etc.)
- No fruit
- No milk
- No alcohol
- No chocolate/lollies or chewing gum



Main office

178 Cambridge Street (opp. St John of God, Subiaco)
(Free parking at rear of building)

MRI • CT • X-RAY • ULTRASOUND • NUC MED • DENTAL

Hours of Operation

Monday to Friday 8.30am – 5.00pm

Saturday 8.30am – 3.00pm (MRI only)

(MRI is available out of hours Mon – Thurs)

Tel: (08) 6382 3888

Fax: (08) 6382 3800

Email: bookings@envisionmi.com.au