

Dear Patient Family,

Thank you for choosing our Department of Medical Imaging for your child's healthcare needs. Let's work together to ensure your child gets the best possible care.

- A **PET/CT exam** has been ordered by your child's physician. This test takes pictures after a medicine has been injected into a vein. The medicine is a radioactive form of glucose (sugar) and the pictures will show it in your child's body.
- **Sedation/General Anesthesia is recommended** for children under age 8 receiving body imaging, for children under age 10 receiving brain imaging, for children who need pain or anxiety control measures, and developmentally delayed children. If you think your child may need sedation/general anesthesia, please call us at **312.227.4461**

Before your visit

- Need to cancel or reschedule? Call us at **312.227.4277** at least 24 hours in advance. It helps us, and it helps other families receive timely care
- Arrive at least 15 minutes before your child's scheduled appointment time. Unfortunately, families who are late may face extended wait times, and in some instances, may be asked to reschedule
- All patients must be accompanied by a parent or legal guardian. Siblings are not permitted in the exam room once the procedure has begun and may remain in the waiting room accompanied by an adult 18 years or older
- Dress your child in comfortable clothing, avoiding metal snaps and zippers – all can interfere with results. After you arrive, we may suggest your child wear a hospital gown
- Keep your child from strenuous physical exercise, including sports and weight lifting, 24 hours before your visit
- Tell us if your child might be pregnant or is currently breast feeding
- NPO or fasting is required prior to the PET/CT exam to ensure proper distribution of the radioactive glucose
 - Children 6 months or older may have water only for the **8 hours** before the test. Children less than 6 months of age may have water only for the **4 hours** prior to the test
 - Do allow your child to drink plenty of water
 - If your child takes medications in a pill form, give only water (not juice) to swallow them
 - If your child is diabetic, please call us before the exam at **312.227.0510** so we can work with your doctor to determine the safest way prepare
- If it is determined sedation or general anesthesia is needed, you will receive a phone call from our nursing team with additional NPO instructions

***** IF YOUR CHILD IS HAVING A PET/CT BODY EXAM, PLEASE FOLLOW SPECIAL DIET PREP BELOW *****
SPECIAL DIET PREP NOT NEEDED FOR PET BRAIN PATIENTS

Starting at **4 p.m.** the evening before the whole body exam, it is important your child eat a high fat, high protein, low carbohydrate diet. This ensures quality pictures, and helps us interpret your child's whole body exam more accurately. Here are foods your child should eat – and avoid – the evening before the whole body exam.

FOODS TO AVOID

- Foods high in sugar
- Fruit, fruit juice, soda
- Milk
- Candy, gum, mints, cough drops
- Ice creams, cake, cookies, syrup
- Nuts, peanut butter
- Vegetables, including potatoes
- Beans, pasta and rice
- Crackers, pretzels, chips
- Cereals, pancakes, waffles
- Bread, bagels, toast, muffins

FOODS TO EAT

- Eggs prepared without milk or vegetables
- Meats, any type
- Cheeses, any type
- Cottage cheese
- Fish and seafood

If you have any questions, please contact the Nuclear Medicine Department directly at **312.227.0510** M-F 7a.m-3p.m.