

18FDG PET: SCAN FOR INFLAMMATION OF THE HEART OR ENDOCARDITIS INFORMATION SHEET

Sir, Madam,

You are to undergo a **PET scan using ^{18}F FDG** to search for inflammation or an infection of your heart muscle or one of its valves.

It is extremely important that you **do not eat or drink anything for a period of 12 hours before the exam**, and that you follow the **controlled diet**, i.e. the last meal before beginning this fast, and breakfast four hours before the exam. These instructions are unfortunately restrictive, but if you do not follow them very strictly the results of your scan may be unreliable, as the quantity of sugar that will be injected into your bloodstream is tiny compared with even the hidden sugars present in certain foods (such as milk, bread, or pasta).

The scan is not suitable for pregnant women, and so any patients potentially concerned must undergo the exam within five days following their period (or during their period), or be on an effective method of contraception.

You **MUST CONFIRM** your **APPOINTMENT 48 HOURS before the exam** by calling the following number:
+377 97 98 96 59.



STEP 1: LAST MEAL ON THE DAY BEFORE YOUR EXAM

- ✓ **Foods ALLOWED:** eggs, chicken, fish (preferably fatty fish such as salmon), any meat without mustard, lettuce with olive oil (2 tablespoons), **NO BREAD**, coffee or tea **WITHOUT MILK** or **SUGAR**, pure unsweetened water.
- ✗ **Foods NOT ALLOWED:** ANY CARBOHYDRATES OR FOODS CONTAINING SUGAR, even in small amounts, bread, milk, cereals, biscuits, cookies, toasts or cakes, pasta in any form, rice,

starchy foods (potatoes), fruit or fruit juice, alcohol, candies, chewing gum, artificial sweeteners (including aspartame).

STEP 2: NO FOOD OR DRINK WHATSOEVER FOR 12 HOURS, EXCEPT PURE UNSWEETENED WATER.

STEP 3: 4 HOURS BEFORE THE ¹⁸FDG PET SCAN.

- ✓ Two tablespoons of PURE olive oil, which may be replaced by smoked salmon, an omelette with four eggs, and lettuce with olive oil (two tablespoons), but...
- ✗ ABSOLUTELY NO BREAD, biscuits or toast. You may drink coffee or tea WITHOUT MILK or SUGAR (and without artificial sweeteners such as aspartame).

INPATIENTS:

- No intravenous glucose infusion at any of these 3 stages
- Caution: some medications contain sweetened excipients (CHOAY[®] heparin, analgesics such as Perfalgan[®], etc.).
- No insulin +++.