

# Patient information

## PET/CT for detection of inflammation or infection of the heart

### Dear patient

On behalf of the clinic and hospital management, we would like to welcome you to the University Hospital Zurich.

It is essential that you bring your insurance certificate or a copy of your policy with you and show it at the counter.

#### What is PET/CT?

PET (positron emission tomography) and CT (computed tomography) are both procedures that provide cross-sectional images of your body. However, there are fundamental differences: while a CT emits X-rays and measures radiation passing through the patient, in PET the patient himself radiates through the radioactive substance injected beforehand. The PET scanner can be compared to a "camera". The PET/CT examination is a combination of both cross-sectional imaging methods which allows us to perform both examinations within one imaging device.

#### Preparation for the examination

Please be sure to follow the [dietary instructions](#) on the following pages, which are extremely important for the performance of the planned cardiac PET examination.

A strict carb-free diet must be followed the day before the examination.

You must remain fasting on the day of the examination! Drinking water is allowed.

If these instructions are not adhered to, we may not be able to perform the study.

Thank you for your attention and cooperation.

#### PET/CT examination procedure

At the PET center, you will be met by our radiological staff. The entire examination procedure takes about 2 hours in total. At the beginning, we will inject a blood thinning agent and a radioactively labeled sugar solution, which have no side effects, into your arm vein. Afterwards, you will have to rest in a darkened room for about 50 minutes so that the sugar solution can distribute itself optimally within your body. After that, the actual PET/CT scan is performed which takes about 20 minutes.

#### After a PET/CT examination

You do not have to restrict yourself in any way after a PET/CT examination and can carry out all activities.

If you are caring for children of preschool age, please contact us in advance. Please also note that you should not be accompanied by children or adolescents for the examination.

The evaluation of the images requires time, therefore we cannot inform you of the result immediately after the examination. We will send the examination report and the images to the referring physician. He will inform you about the results of the examination.

#### Please note:

**If you have to cancel your appointment with us, please notify us by phone no later than noon the day before. Otherwise, we will have to charge you for the costs of the procedure.**

**Phone: +41 44 255 35 55**

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## Dietary instructions

Please observe the following dietary instructions, which are extremely important for the performance of the planned cardiac PET/CT examination. If these are not adhered to, we will not be able to perform the examination.

**The day before the examination** you must adhere to a carbohydrate-free (sugar-free) diet. Please check the contents of ready-made products and beverages.

You must remain fasting **on the day of the examination!** Drinking water is allowed.

The day before the examination only the following is allowed:



- Green leafy vegetables and salads
- Herbs
- Prepare salad dressings without balsamic vinegar!
- E.g. use French salad dressing or white wine vinegar/oil



- All oils and fats



- Mushrooms



- Meat of chicken, veal, beef, pork or lamb
- Spices (salt, bell pepper, paprika)
- Caution with spice mixtures



- Fish and seafood



- Soft and hard boiled eggs, fried eggs



- Tap and mineral water
- Unsweetened tea and coffee

## Menu suggestions:



- Lettuce with tuna



- Lamb's lettuce with bacon and egg



- Arugula with warm mushrooms



- Iceberg lettuce with chicken breast strips



- Poached eggs with creamed spinach



- Roasted salmon with vegetables