

## **Cardiac / whole-body FDG PET/CT scanning with dietary instructions**

This instructions is intended to be printed. The instruction contains items to be filled in.

In a PET/CT study, positron emission tomography (PET) and computed tomography (CT) are performed at the same visit. PET scanning examines metabolism, while CT scanning provides a detailed image of body structures.

These instructions explain how you should prepare for a scanning of the heart area, either on its own or as part of a more extensive study. The purpose of the pre-preparation is to reduce physiological tracer accumulation in the heart.

The PET/CT scanner has a wide opening (70 cm in diameter), so it can generally be used even for claustrophobic patients.

The total duration of the study visit is approximately 2 - 3 hours.

### **How to prepare**

- Follow the dietary guidelines below on the day before the study
- Do not eat for at least 10 to 12 hours before your appointment
- While you are fasting you may drink as much water as you like, but nothing else
- Chewing gum and pastilles are also forbidden on the day of the study
- Avoid physical exertion (bicycling, running or going to the gym) for 24 hours before the study
- Do not drink alcohol for 24 hours before the study
- Do not smoke for at least 2 hours before the study

If you are allergic to iodine, think you may be pregnant or are breast-feeding, please inform the staff before coming to the study. Do not take young children with you to the study visit.

### **Medications**

You can take your prescribed medications as usual on the day of the study.

### **Diabetics**

It is important for you to have a blood glucose level below 10 mmol/L when you arrive for the study. If your diabetes is insulin-treated, contact the referring physician to ask how your insulin

dose should be adjusted considering the study's fasting and dietary requirements. A hospital stay may have to be arranged for your preparations.

If your diabetes is diet-controlled or treated with oral medication, follow the standard preparation instructions.

## **What to expect at your appointment**

You will be asked to complete an interview form. A medical technician will review the study details with you.

- An intravenous cannula (drip) will be inserted in your lower arm to administer the tracer for the scan. Except for the small prick to your arm, the study will be painless and is not associated with side effects.
- The tracer will be a radioactive substance used to measure metabolic activity in tissues
- After the tracer is administered, there will be a waiting period allowing it to accumulate in the area to be scanned. The wait time will be 50 minutes.
- For the scan, you will lie down on your back on the PET/CT scanner bed, which slides through the scanner opening. You will need to keep still for the study to be successful.
- The scanning takes about 15 minutes

## **After the study**

The PET tracer is not associated with side effects. It does remain slightly radioactive for a few hours, but protective measures against the radioactivity are generally not necessary. We recommend drinking more water than usual after the scan because the tracer will leave your body through urine.

Avoid close contact with pregnant women and try to avoid holding or sitting next to children for about 8 hours after the study. Nursing mothers must not breastfeed for 10 hours after the study. Any breast milk pumped during this time should be poured down the drain.

The study results will be provided by a doctor at the ward or outpatient clinic that referred you.

## **Dietary guideline**

**Follow the dietary guidelines below on the day before the study and keep a log of the foods you have eaten.**

The diet aims to minimize carbohydrate intake. Allowed foods include foods that contain very little or no carbohydrates. At the end of this dietary guide, there are a few meal examples with permitted foods.

### **Permitted foods**

- unmarinated, unseasoned and unbreaded meat, chicken, turkey, fish and seafood
- salt and individual spices such as pepper, paprika powder, parsley, dill, basil and other herbal spices, as well as bouillon cubes, lemon juice, and unflavoured white or red vinegar (not other types of vinegar)
- bacon, eggs
- lettuces, rucola, spinach, olives, herbs
- cucumber, zucchini, celery, broccoli, cauliflower, radishes, avocado, leek (a total of no more than about 2 handfuls per meal)
- button mushrooms (no other mushrooms)
- chia seeds (no other seeds)
- vegetable oils (e.g. rapeseed oil, olive oil), margarine, liquid bottle margarines, butter, butter-vegetable oil blends
- aged (hard) cheeses, e.g. Edam, Emmental, Oltermanni, also lighter options (5-17% fat), mould cheese, processed cheese
- Felix Kruunumajoneesi (unflavoured mayonnaise with 0 g carbohydrates), no other mayonnaises
- coffee and tea (without milk or sugar)
- water, unflavoured mineral waters
- artificial sweeteners can be used in small extent, e.g. to sweeten tea or coffee
- Sofine unflavoured tofu, or similar tofu with no more than 1 g of carbohydrates per 100 g, no more than 100 g per meal
- unsweetened almond drink with no more than 0,2 g carbohydrates per 100g (e.g. Alpro)
- Foodin organic unsweetened rice protein powder or similar product from another manufacturer with no more than 1g of carbohydrates per 100g

### **Prohibited foods**

All foods containing carbohydrates (including sugar) are prohibited:

- sugar, honey, syrup, vanilla sugar, etc. sweeteners
- artificial sweeteners in larger quantities
- bread, crispbread, rusks, cookies, and all pastries, snack bars

- porridge, cereals, muesli, bran
- rice, pasta (macaroni), potatoes
- root vegetables (carrots, rutabaga, turnips, etc.), tomatoes, peppers, corn, beans, peas, lentils, nuts, seeds (except chia seeds)
- cabbages (except for limited amounts of cauliflower and broccoli), onions (except for limited amounts of leek)
- pickled foods (e.g., pickled cucumbers)
- fruits and berries
- juices, full juices, sodas, energy drinks, even artificially sweetened ones
- milk and liquid dairy products (cream, buttermilk, viili, yogurt, quark, pudding)
- Cottage cheese, soft fresh cheeses, feta, mozzarella, squeaky cheese, farm cheese
- all sausages and ham slices
- plant-based dairy-like products (e.g., oat drinks or "cream," or soy-based "yogurt" or pudding), most tofu
- plant protein-based foods (e.g., Härkis, Nyhtökaura, Vöner, Quorn)
- condiments and pastes, salad dressings, ketchup, mustard, soy sauces, aroma and herb salts, spice mixes (e.g., grill seasoning, lemon pepper), bouillon powders and fonds
- chips, candies
- chewing gum, lozenges
- alcohol

## Instructions for completing the food log

**Record everything you eat and drink in the log for 24 hours before your appointment.** Fill the information on the form right after you eat something so that you can remember it correctly. In the time column, enter the time of day when you ate or drank something. In the food and drinks column, indicate each item you consumed on its own row.

(Food log example)

Time	Food and drinks
17:30	2 chicken fillets
	An egg
	A glass of water

Name: \_\_\_\_\_ Personal identity code: \_\_\_\_\_

Date: \_\_\_\_\_

[illegible]

## Examples of Daily Meals

### Mushroom Omelet with Cheese and Vegetables

- 2-4 eggs
- 1-2 tbsp water
- salt and spices, e.g. oregano, paprika powder, and black pepper
- button mushrooms, either fried or canned
- spinach leaves (tear them smaller if desired)
- grated cheese
- for serving: 2 dl salad and cucumber + lemon-flavored rapeseed or olive oil

Mix 2-3 eggs with 1-2 tbsp water, oil, and spices. Fry the omelet in a pan with margarine or oil until it's half-cooked. Add fried button mushrooms, spinach, and grated cheese on top. Continue frying on a lower heat until fully cooked.

### Vegetable-chicken/fish/button mushroom soup

- 150-200g of chicken or fish, or an equivalent amount of mushrooms: fry and season (e.g., salt, black pepper, paprika powder, thyme / coriander / parsley / dill)
- broccoli
- cauliflower
- a little leek
- broth made from chicken/fish/vegetable stock cubes
- lemon juice to taste (about 1 tbsp)
- regular-fat processed cheese

Fry chicken or fish (or button mushrooms) until just cooked through, and season. Prepare the broth according to the instructions using water and stock cubes. Cook the vegetables in the broth until nearly tender, add the chicken/fish/button mushrooms and lemon juice. Finally, melt processed cheese into the broth to make it "creamier." You can cook a larger batch of soup and eat it during the day in multiple meals. Vegetables can be fresh or frozen, with a shorter cooking time for frozen ones.

### Hearty Salad

- lettuce, arugula, spinach leaves
- cucumber
- zucchini
- half a large avocado or a small whole one
- olives to taste
- regular or lemon-flavored rapeseed or olive oil, or Felix Kruunumajoneesi (mayonnaise) seasoned with salt, lemon juice, and spices of your choice

Additional options based on taste:

- fried chicken
- smoked fish and eggs
- shrimp and eggs
- cheese cubes
- fried button mushrooms

### **Avocado, egg, and shrimp with mayonnaise**

- 1 large avocado
- 1-2 boiled eggs
- 50-100g shrimp
- Felix Kruunumajoneesi (mayonnaise)
- 1 tbsp lemon juice, salt, spices (black pepper, dill)

Mix the chopped eggs and thawed, drained shrimp with mayonnaise. Season with lemon juice, salt, and spices. Halve the avocado and remove the pit. Enjoy the shrimp mixture with the avocado.

### **Tofu salad**

- lettuce, arugula, spinach leaves
- zucchini
- 100g Sofine unflavored organic tofu (or similar, ensure it has no more than 1g of carbohydrates per 100g)
- olive or rapeseed oil
- lemon juice / white or red wine vinegar
- salt, spices

Tear the salad leaves onto a plate. Bake zucchini and tofu in oil on the pan. Season and then add to the salad base. Drizzle with oil and lemon juice.

### **Chia Pudding**

- 2.5 dl Alpro unsweetened almond drink (or similar unsweetened almond drink with no more than 0.2g carbohydrates per 100g)
- 0.25 – 0.5 dl Foodin organic unsweetened rice protein powder (or similar with no more than 1g carbohydrates per 100g)
- 1-2 tbsp chia seeds
- 0.5 tbsp rapeseed oil
- optional sweetener: about 10 drops or less of Hermesetas liquid sweetener
- desired flavoring (e.g., vanilla extract like Dr. Oetker, cinnamon, cardamom, mint, etc.)

Mix everything well together. Cover and let it set in the fridge for a couple of hours or overnight. Stir occasionally if desired. Prepare 2-3 servings of pudding for the day.