

## FDG & MRI Visit Information and Instructions:

**Location:** Citigroup Biomedical Imaging Center of Weill Cornell at [516 East 72nd Street](#)

**Visit Summary:** After you sign the in-person consent form, we will perform a PET scan with 18F-Fluorodeoxyglucose (18F-FDG) radiotracer followed by a functional MRI scan.

### Preparing for Your Appointment

- \*\*\* Please **fast for at least 4 hours before your scan time**. If you absolutely must eat something, you can eat a very light breakfast (for example, dry toast or a biscuit) up to 2 hours before your scan time. *In all cases, you should **NOT** eat or drink calorie-containing food or beverages in the **two hours prior** to your scan time.* Water, black coffee, and unsweetened tea are fine. \*\*\*
- You should take all medications prescribed by your physician the day of the scan.
- **If you are diabetic**, ask your doctor about diet and medications, including withholding antidiabetic medications when you are fasting.
- Do not take any chewable vitamin tablets, or any syrup-based medicine like cough syrup on the day of the scan. Drinking water 1-2 hours before the scan is encouraged.
- Dress comfortably in layers to stay warm as scanner rooms are cold. Please avoid piercings, jewelry, large buttons and other metal objects on your clothing. **If you wear a bra, please ensure there is no metals around the shoulder area.** Generally, you will not have to change out of your clothes for the procedure.
- If you wear corrective lenses and have the option of wearing contacts, we recommended you use the contacts as they will be more comfortable than glasses when you are inside the MRI. If contacts are not an option, feel free to wear your own glasses and we will provide you with prescription goggles to be used inside the scanner.

### Day of Your Appointment

#### What to Expect When You Arrive

- A Research Coordinator will meet you in the lobby of **Citi Biomedical Imaging Center at 516 East 72<sup>nd</sup>**. Together, you will go to the location where the cognitive assessment will take place

#### What to Expect for the PET Scan

- Our staff will check your blood sugar via finger stick blood test when you arrive for your scan. *If your blood sugar is high, we may need to reschedule your scan.* So, please be considerate of your diet and fasting on the day of the scan.
- Urine pregnancy test will be conducted for females 20-40 years old

- Our staff will interview you to discuss your medical history. An IV line will be inserted in your arm. A technologist will give you a very small dose of radioactive glucose molecule (FDG) through your IV.
- After the technologist administers the radioactive tracer, you will sit or lie comfortably for 40 minutes as you await your scan.
- The PET scanner is the same device used for CT scans. It is quiet and painless. Typical scan times last around 30 minutes for this visit. You can relax during this scan.

### **What to Expect After the PET Scan**

- You should feel fine, and there are no post-scan requirements.
- Be sure to limit close contact with **infants or pregnant women** for 12 hours after your scan.
- Drink plenty of water to help remove the tracer from your body.
- You will have about a 1-hour break before your MRI scan training; we provide food and drink at your request.

### **What to Expect for the MRI Scan**

- Prior to your scan, we will train you outside the scanner in six different cognitive tasks until you feel comfortable with each one. The training will take 30 – 60 minutes.
- When the training is finished, you will move to the scanner room where the functional and structural magnetic resonance imaging fMRI/MRI scans will be done.
- During the fMRI scans you will be asked to complete the same tasks that you had just practiced, with short breaks in between tasks.
- In addition to the cognitive tasks, two resting-state MRI scans will be completed. You will simply be asked to relax during these scans.
- You will have a short break between scans, about 1 minute of rest for every 5 – 10 minutes of scanning. Note that you remain in the scanner for these breaks. **It is critical that you remain completely motionless while the MRI machine is scanning.** So, you can feel free to adjust your position in between scans.
- The MRI scanner is completely safe and painless, but noisy. You will be provided with earplugs to reduce the noise level.
- Total scan time, including breaks, is about 2 hours.