



## **PET IMAGING CENTER**

### **Recommendations for nursing mothers post 18F-FDG PET/CT procedures**

18F-FDG PET/CT is considered a safe procedure with low level of radiation exposure. The radiation from your body rapidly disappears and the administered tracer will no longer be detectable 24 hours after your scan even with very sensitive scanners.

Although the amount of tracer in the breast milk is very low, we want to minimize radiation exposure to your baby. Please follow the instructions below to limit both internal exposure from ingested milk and external exposure from the tracer in your body.

- If possible before the study, pump an adequate supply of breast milk to last for 12 hours after the study.
- Please do not pump breast milk for four hours after the study.
- Discard the first pumped milk.
- Do not hold the baby for the first four hours following the exam.
- From 4 to 12 hours after the exam, limit holding the baby to no more than a total of 30 minutes.
- After 12 hours you can resume your routine contact with the baby.
- Avoid close and prolonged contact with small children and pregnant women for about 12 hours after receiving the injected dose.