

PET/CT Exam Patient Preparation Instructions

- Please be on time. Your dose is calibrated exactly for your time of arrival and becomes unusable if you are late or miss your appointment.
- **DO NOT EAT OR DRINK, EXCEPT WATER, 8 HOURS** prior to appointment (Drink at least 3 extra 8 oz. of water 6-8 hours before)
- Wear warm comfortable clothes: Sweats, socks, long sleeve shirt. You may be asked to change into a gown, as well as to remove any clothing items with metal zippers, metal buttons or metal underwire.
- If you are pregnant, or if there is a chance you are pregnant, please inform our technologist before your exam.
- Limit exercise/exertion 24 hrs. prior to exam
- No gum chewing 24 hrs. prior to exam
- You may take any medications as normal. Pain and anti-anxiety medications are permitted.
- PET/CT exams take almost 2 hours from the time you arrive at the center until you are finished. Approximate time on the scanner is 30 min.

Diabetic Patient Preparations

- It is very important that diabetic patients manage their glucose (sugar) intake prior to the exam. If your glucose is not at the right level, the exam may need to be cancelled, or the results may not be optimal. (Note: If blood sugar level is above 175, we cannot scan).
- If you are taking oral medication, you can take your medication, but please **HAVE NOTHING TO EAT AFTER MIDNIGHT.**
- If you are controlled with insulin, please follow your regular diet (meals) and insulin schedule prescribed by physician. **NO REGULAR INSULIN** should be given within 2 hours of the PET Scan.
- You may drink water but no other liquids, drink at least 3 extra 8 oz. of water 6-8 hours before
- Limit exercise/exertion 24 hrs. prior to exam
- No gum chewing 24 hrs. prior to exam
- You may take any medications as normal. Pain and anti-anxiety medications are permitted