

PET/CT INSTRUCTIONS

Patient Preparation - Please Follow Instructions Carefully

- Please wear loose comfortable clothing that is free of any zippers, buttons or snaps. You will be asked to remove jewelry, as well as dentures and partials.
- It is important that you arrive at our department fasting for at least 6 hours before your test. This also means no gum, candy, coffee or breath mints. Plain water is fine.
- You may also take any medications that are tolerated on an empty stomach, as long as they do not have any sugar in them. Please bring a list of your current medications, with dosages.
- If you are diabetic, we ask that you closely monitor your blood sugar for a couple of days before your test. Our cutoff is 180, and we will be unable to do your test if your level is higher than that. You must not use any insulin within two hours of your test, or we will not be able to do your exam.
- Follow a low carb diet 1-2 days before your test and no caffeine 24 hours prior. While on a low carb diet, you will need to avoid foods like rice, pasta, tortillas, bread, cookies, cakes, and starchy vegetables such as corn, peas and potatoes, You can continue to eat all protein, like meat, fish, and eggs. You can also eat dairy products and non-starchy vegetables, but keep fruit to a minimum.
- Please avoid vigorous exercise or any hard physical labor for 48 hours prior to your PET scan. This includes heavy lifting, yard work, golfing or any activity that requires you to use your muscles.
- You will be in our department for approximately 1-3 hours, depending on the type of PET scan you are having. The PET scan will not affect your ability to drive, unless you have requested sedation. Family members will be asked to wait in the waiting room.
- PET Bone Scan: No Prep required, no fasting required.

Will someone need to drive me?

If your doctor gives you medication to reduce anxiety during the exam, you will not be able to drive yourself home. The PET/CT will not affect your ability to drive.

What about family or friends accompanying me?

People who are not patients are unable to wait in the injection rooms or scan room. Family/friends are welcome to remain in the reception area or come back when the patient's PET/CT scan is completed. **Please do not have small children or pregnant women accompany you to your exam.** Please make arrangements for childcare if necessary and avoid close contact with small children and pregnant women for at least 4 hours following the end of your PET examination.