

How to Prepare for your PET/CT Scan

PATIENT PREPARATION INSTRUCTIONS:

- If you are **PREGNANT** or there is a possibility of you being pregnant you should not have this procedure.
- Wear **WARM**, comfortable, loose fitting clothing. No metal zippers, buttons or belt buckles. If necessary, a gown will be provided. Please leave all jewelry at home or you will be asked to remove the jewelry. Bring a pair of socks, slipper and sweater.
- If you are breastfeeding at the time of your procedure, it may be prudent to pre-pump milk for use until the tracer is safely out of your body (approx. 12 hours).
- As a matter of safety, we encourage you to be driven to the Center accompanied by one (1) member of your family or caretaker only.
- Children are **NOT** allowed in the facility unless he/she is a patient.

YOU CANNOT HAVE A PET-CT SCAN IF YOU HAVE:

Surgery	No sooner than 6-8 weeks from your procedure
Radiation Therapy	No sooner than 12 weeks from last session
Chemotherapy	No sooner than 3 weeks from last session
Menstruating	No sooner than 1 week after last period
Renal-Impaired Patient	Requires clearance from your Nephrologist or Urologist

DAY PRIOR TO EXAM:

1. Drink six (8-oz.) glasses of water.
2. **AVOID** strenuous exercise, work, cleaning, intimate physical contact and repetitive motions such as running, jogging, or cycling etc. for 24 hours prior to your exam. These activities can lower the quality of the images that we get from your PET-CT.
3. No sugars, including beverages, candy, fruit, juices or sweeteners.
4. Eat a high protein, low carbohydrate meal, such as steak, chicken or fish. Avoid pasta, bread and rice (See Patient Dietary Instructions).



DAY OF THE EXAM

1. **MORNING** appointments - do not eat anything after midnight or
2. **AFTERNOON** appointments – eat a light meal at least 6 hours before your scheduled PET-CT scan.
3. Please continue to drink plenty of water up to your exam time. It is important that you are hydrated for your scan.
4. **NO cough medications** since it frequently contains sugar.
5. No caffeine, nicotine or alcohol for 12 hours prior to exam (refer to **Patient Dietary Instructions**)
6. Bring your medications or provide us with a list and dosage.
7. Bring any prior CT, MRI or PET-CT films, CDs and reports with you.
8. No gum chewing or breath mints.

IMPORTANT INSTRUCTIONS IF YOU ARE A DIABETIC:

If you are diabetic, do not eat or drink anything except plain unflavored water within 4 hours of your appointment. High or low glucose levels can affect the PET scan result.

1. Please schedule your appointment for a time of day when your blood glucose would usually be less than 150 mg/dL.
2. DO NOT TAKE INSULIN WITHIN 4 hours of your exam.
3. Other medications should be taken when you normally would.
4. If you have a glucometer, please bring it with you.

DURING YOUR PROCEDURE:

1. A Technologist will answer all your questions and guide you through your procedure.
2. They will check your blood glucose levels.
3. An IV will be started in your arm to administer the FDG (our metabolic tracer).
4. After the injection, you will need to rest quietly in a recliner for 30-90 minutes while the tracer circulates and is absorbed in your body.
5. You will then be asked to empty your bladder and have a final glass of water before beginning the scan.
6. You will be positioned on a table that passes through the scanner. The scan should last 20-45 minutes.

