



## PREPARING FOR YOUR PET/CT SCAN

### **Before Your Scan**

The day before your scan your diet should consist of low carbs.

If you are claustrophobic, please contact the ordering physician prior to your scan and request medication.

Drink plenty of water before you come for your scan. However, stop any liquids other than plain water six hours before you arrive for your scan.

Do not eat or drink anything other than water six hours before you arrive. Please do not chew gum, suck on mints / lozenges / cough drops, or drink any coffee.

You may take your medications UNLESS YOU HAVE DIABETES. Insulin should not be taken within four hours of your scan.

Wear comfortable clothing that has no metal. You will be asked to remove all metal objects including snaps, zippers, buckles and jewelry prior to your scan.

Do not smoke at least 12 hours prior to your scan.

Do not do any strenuous activities such as weight lifting, running or sports of any kind prior to your scan.

Let us know if you are or possibly might be pregnant. If you are breastfeeding, talk to your doctor before your scan.

Do arrive at least 15 minutes before your exam is scheduled to complete any paperwork.

PET / CT Scans take 90 minutes. This is a timed exam that requires precision timing. If you are more than 20 minutes late for your scan you will be rescheduled.

If you need to cancel your scan, please call our office the day before your scan.

## **During Your Scan**

Our PET/CT technologist will bring you from the waiting room to a small, private and comfortable room. You will receive a small injection of radioactive glucose (also known as sugar) through an IV in your arm. Then you relax and wait for approximately an hour while the radioactive sugar circulates in your body. Once the radioactive sugar has circulated, the PET / CT Technologist will position you on the scanner. The PET/CT scan takes 30-45 minutes to complete. The radioactive sugar is short-lived and will leave your body quickly, it is important to drink plenty of water following your scan to flush the sugar out of your body.

During the scan, you will be exposed to a minimal amount of radiation, however, we believe the benefits of the information provided by the scan outweigh the small potential risk. Please let us know if you have any concerns about this exposure.

Typically, results are available in 48 hours.

**Thank you for allowing us to participate in your care.  
Please call 1-866-796-5433 with any questions.**