

## PET/CT Patient Preparation Instructions

### 24 hours prior to your appointment

1. No vigorous exercise for the 24 hours leading up to your appointment.
2. Meals the evening before your appointment should be low in carbohydrate and high in protein.

### 6 hours prior to your appointment

1. You may not have **anything** to eat or drink (except water) for 6 hours before the scan.
2. You may take your regular medications with water. If your medications must be taken with food, contact your regular doctor about whether you should skip the medication, take it without food, or take it later in the day.
3. Do not take anything by mouth that contains sugar. This includes gum, mints, candy, crackers, soft drinks, juice, lozenges, cough syrup, etc.
4. **If your are diabetic**, it is recommended that you have a light high-protein breakfast (no sweets, sugar, or caffeine) along with your regular dose of diabetic drug (insulin, glucophage, etc.) **6 hours prior** to your appointment time. If your exam is in the morning, continue fasting from overnight and do not take your diabetes medication. If you are a very brittle diabetic or have problems with hypoglycemia, contact our office prior to scheduling your appointment. For all diabetics, the blood sugar level needs to be under 200 for the exam to be accurate.

### 1 hour prior to your appointment

1. Drink 24 oz of water unless your doctor has instructed you to be on fluid restriction.
2. Wear comfortable clothing without metal zippers or clasps (such as sweatpants/ sweatshirts). Dress to keep yourself warm.
3. Bring your insurance information and copies of any prior CT, MRI, or PET scans that you may have had outside of MarinHealth PET/CT Imaging.

### 15 minutes prior to your appointment

Please arrive for your scan 15 minutes prior to your appointment time. It is important for you to arrive in time to receive a time-sensitive injection of radiotracer. If you are late or miss your appointment, your dose becomes unusable.

### During the examination

After the injection, you must remain quiet for 60 minutes. During this period, no reading or talking is allowed. You may listen to music quietly on a portable device (such as an iPod or cell phone). After the 60-minute uptake period, you will have the PET/CT scan, which takes 30-45 minutes. **Your total appointment time will be 1.5 to 2 hours.**

### After the examination

You may resume your normal diet and activities. Although the scan involves injection of a radioactive substance, which will lead to radiation exposure for persons in your vicinity, the amount of radiation coming from you following the scan is low. You can carry out all routine activities, but consider limiting contact with pregnant women and children until the following day.

**Please contact us at 1-415-578-6922 if you have any questions.**