

Important Whole Body Oncology PET/CT Exam Patient Preparation Instructions

Discussed by staff initials: _____

MRN# & DOS _____

Food, diet, clothing, medication and lifestyle choices can affect the results of your PET/CT Scan. These instructions will help you make the necessary adjustments so that your scan can be completed as scheduled and at the highest quality.

Day before Your Scan:

All Patients

- Did you receive your "PET packet" with the information and brochure about your upcoming appointment?
- Eat a **NO** carbohydrate/high protein diet (**have** meat, eggs, cheese-**avoid** caffeine, sugar or sugar substitutes, cereals, bread, sugar, etc.)**see food grid for more information*
- It's important to be well-hydrated. We recommend you drink 4 glasses of plain clear unflavored water.
- No strenuous exercise (running, weight lifting, biking, etc.).
- Do you have reliable transportation or will someone be driving you to this appointment?

Answer: _____

Day of Your Scan:

For Diabetic Patients

- Nothing to eat **4 hours prior to your scan** – (no mints, gum, cough drops and hard candy).
- Prior to the fasting period eat a high protein/no carbohydrate diet.
- Your glucose level will be tested once you arrive at the scanning facility. **If for any reason your level is out of the range approved by the radiologist, your exam may need to be rescheduled.**
- You may have **plain clear unflavored water only** throughout the fasting period (no juice, coffee, tea or soda).
- Take **your oral medication or your insulin 4 hours prior to your scan.**
- Bring as few items as possible however; please **DO** bring a **current list of medications** and your **insurance card.**
- Wear warm, comfortable metal free clothing.
- Post scan instructions will be provided by the Technologist.

For Non-Diabetic Patients

- Nothing to eat **4 hours prior to your scan** – (no mints, gum, cough drops and hard candy).
- You may have **plain clear unflavored water only** throughout the fasting period (no juice, coffee, tea or soda).
- Take medication as scheduled as long as they can be tolerated on an empty stomach.
- Bring as few items as possible however; please **DO** bring a **current list of medications** and your **insurance card.**
- Wear warm, comfortable metal free clothing.
- Post scan instructions will be provided by the Technologist.

Important Note:

- **You can expect to be at your appointment for approximately 2 hours.**
- You will need to lay flat for 45 minutes during your scan.
- The PET/CT trailer is outside of the building and is temperature controlled and will be a little cooler. Please dress accordingly.

- In order to have a successful result of your scan, a costly medication especially formulated for you will be ordered the day prior to your appointment.
- **Arrive on time** as the medication may not be usable if you are late.
- **If for any reason, you cannot keep your appointment, please notify our office at 607-547-3600 by 5:00pm the day prior.**