Preparing for your PET/CT scan

Your PET/CT scan is a safe and painless procedure. By following the instructions below, you will be fully prepared for your exam and know what to expect during your appointment. It is very important that you arrive on time for your exam! A $1000 dose of medicine will be ordered especially for you. This dose cannot be returned so please be here or cancel no later than 24 hours prior to your procedure time. If you do not cancel your exam, you will be billed for the cost of the medicine. If you are admitted to the hospital for any reason and will not be coming for your procedure please have someone contact us to cancel your appointment.

Preparation:
- Call Nuclear Medicine at 388-4284 the day before your appointment to confirm that you are coming.
- Please arrive 1 hour prior to your appointment time at the Outpatient Imaging Center.
- No Strenuous activity 24 hours prior to your exam.
- If you have had surgery within the past 6 weeks, make certain that your physician is aware of this. A PET/CT scan performed within 6 weeks post operation can yield inaccurate results.
- You can drink water ONLY prior to your exam. You can have all the water you want.
- You may take all of your medication with water.
- NO food or drink, other than water, 6 hours prior to your exam, if you are diabetic follow instructions below. If you eat or drink within 6 hours of your exam, your exam will be cancelled and rescheduled for a different day.

Diabetics
If you are a diabetic, take your insulin or diabetic medication as usual. Insulin must be administered a minimum 5 hours prior to your scheduled time. If you choose to eat, eat a small high protein breakfast such as bacon and eggs five (5) hours prior to your appointment time. Afterwards you may have water but absolutely no other beverages or food prior to your exam.

Please monitor glucose levels - - for this exam, your glucose must be below 200. If it is over 200 when you arrive, your exam will be cancelled and rescheduled for another day.

Clothing
- Please wear clothing without metal snaps, metal buttons or zippers. Sweatshirts and sweatpants with no metal are good choices to wear. This will also help keep you warm as the unit temperature is typically chilly.
- Jewelry will need to be removed prior to your exam. If possible, do not wear jewelry to your exam.

Please see following page for further information.
What To Expect

- You must arrive 1 hour prior to your appointment time.

- An IV will be started.

- A small amount of radioactive material will be injected into the IV then the IV will be removed.

- You will be required to answer a short set of questions about your medical history. Please bring a list of medications with you the day of your exam. Please do not bring your actual medications with you.

- You will then sit in a recliner quietly for 60 minutes to allow the injection to circulate through the body.

- Once the circulation period has ended, you will be escorted to the PET/CT scanner where the exam will be completed in approximately 20–30 minutes.
  - For the exam, you will lay on your back with your arms extended over your head if possible. A cushioned wedge will be placed under your knees for your comfort.
  - During the exam, the table on which you are laying will move slowly through the scanner. Your head will pass through the scanner for a short period of time.
    - If you have experienced claustrophobia (fear of confined spaces) you may wish to speak to your doctor about anxiety medication. NO MEDICATION OF THIS KIND WILL BE GIVEN TO YOU BY THE TECHNOLOGIST PERFORMING YOUR EXAM. You may bring this medication with you, or take it prior to coming to the hospital for your exam. If you do take anxiety medication prior to your exam, you will need someone to drive you home.

After your exam is completed, you are released to return to normal activities. The radiologist at the hospital will read your exam and send a report to the physician that ordered the PET/CT scan. This process usually takes 4–5 business days. You will not receive the results of this exam from the hospital, so please contact your physician for your results.