

PET/CT INSTRUCTIONS

Patient Preparation - Please Follow Instructions Carefully

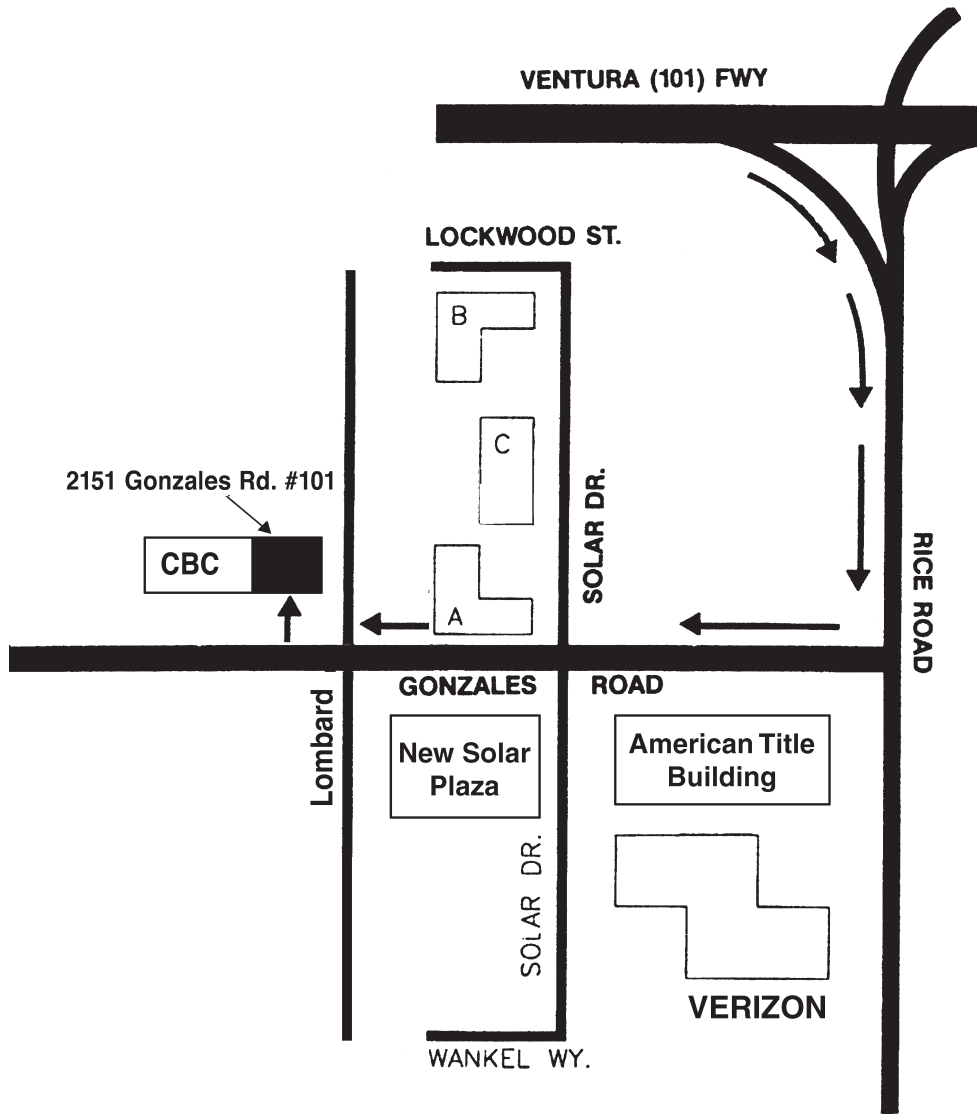
- Wear warm, comfortable clothing that does not have any buttons, zippers or metal.
- Bring previous PET, MRI, and or CT films obtained outside of Grossman Imaging Centers for the radiologist to compare directly to your PET/CT scan
- **Do not eat or drink, except plain water for 6 hours before the scan, i.e. no food, gum, mints, coffee, etc.**
- **For 24 hours prior** to your exam, avoid all foods that are rich in carbohydrates and/or sugar.
- You may take any necessary medications that can be taken with water and are tolerated on an empty stomach, except for over the counter medications that contain sugar, such as cough syrup or throat lozenges.
- Diabetic patients will need to watch their diet and blood glucose closely for several days before the exam. **It is important to keep blood sugar levels below 150 at the time of your PET examination.**
- **No vigorous exercise or hard physical labor for 24 hours** prior to your PET Scan appointment.
- Allow 2-3 hours for the PET/CT procedure.
- For oncology patients, therapy itself may result in changes on the PET/CT in the area treated. It is important to tell the technologist if you have received or are currently receiving radiation or chemotherapy treatments, including the dates of such treatments.

Will someone need to drive me?

If your doctor gives you medication to reduce anxiety during the exam, you will not be able to drive yourself home. The PET/CT will not affect your ability to drive.

What about family or friends accompanying me?

People who are not patients are unable to wait in the injection rooms or scan room. Family/friends are welcome to remain in the reception area or come back when the patient's PET/CT scan is completed. **Please do not have small children or pregnant women accompany you to your exam.** Please make arrangements for childcare if necessary and avoid close contact with small children and pregnant women for at least 4 hours following the end of your PET examination.



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