

Patient Preparation Instructions

- **Comfort** – PET scans are painless, with no side effects.
- **Clothing** – Dress comfortably and warmly, as some scanner rooms may be cool. Try to remain warm the day before the exam.
- **Activity** – Avoid any strenuous exercise for 24 hours before the exam.
- **Food and Drink** – Please call Via Radiology – Meridian Pavilion for specific instructions and answers to questions. A special diet for 24 hours before the scan is very important for obtaining a good quality exam. Generally, you should limit the amount of carbohydrates, sugar and caffeine on the day before the scan and should not consume anything except water for approximately 6 hours prior to the scan.
- **Medications** – You may take your regularly scheduled medications prior to arriving for your scan, if they can be tolerated on an empty stomach.
- **Diabetic** – Please speak with the Via Radiology – Meridian Pavilion staff for specific instructions regarding insulin. We will test your blood sugar level before the scan; it should be below 150 mg/dL if possible.
- **Procedure** – Upon arriving at the PET center, you will receive an injection of radioactive glucose (FDG), which will take approximately 60-90 minutes to distribute throughout your body. You will be asked to empty your bladder and then lie down on the scanner bed. The scan takes approximately 30-45 minutes, depending upon the type of scan you are having. It is important that you lie still during this process. If you need pain medication please bring it with you. You should plan on being at the PET center for approximately 3 hours.
- **After your scan** – Once the PET scan is complete, you will be able to leave the PET center. Make sure you drink plenty of water or other fluids throughout the day to flush the FDG from your body.
- **Your PET scan results** – The PET scan is interpreted by a trained radiologist, and results are usually sent to the referring physician within 24-48 hours. You should contact your doctor to discuss the results.