

**PET/CT PATIENT INSTRUCTIONS:**

- Begin your fast 6 hours before exam.
- Last meal before you begin your fast should be a high protein / low carbohydrate meal:

**DINNER** (For AM appointment):

Grilled or Baked: Steak, Chicken, or Fish

Any green veggies - if a salad, vinaigrette dressing only, no croutons; cheese is OK

Drink 6-8 glasses of water the evening before your morning appointment.

One diet soda is ok or 2 glasses of red wine (optional)

ABSOLUTELY NO POTATOES, RICE, PASTA, BREAD, FRUIT OR FRUIT JUICES, CAKES, CANDY, COOKIES, ICE CREAM, AND/OR GUM.

**BREAKFAST** (For PM appointment):

2 eggs (any style), bacon, sausage and black coffee (no cream or sugar)

Drink 6-8 glasses of water before your afternoon appointment.

ABSOLUTELY NO POTATOES, RICE, CEREALS, BREAD, FRUIT OR FRUIT JUICES, CAKES, CANDY, COOKIES, AND/OR GUM.

Coffee may be consumed the morning of the procedure, ONLY IF THERE IS A 6 HOUR TIME SPAN BETWEEN THE TIME OF CONSUMPTION AND TIME OF THE EXAM.

- No exercise for 24 hours before exam.
- Stay as warm as possible for the 24-48 hours prior to the exam.
- Dress warmly, avoid clothing with any metal.
- Mild muscle sedative (Valium) will be given 30 minutes before the isotope injection.
- You must have a driver.
- Please bring any recent/prior films you may have, especially PET or CT scans.
- Please ensure that the time of the appointment you have chosen will be convenient for you. Due to the short half-life of the isotope and the sensitivity of the scanning sequence, the schedule must be adhered to in order to produce the best images possible. Please give at least 24 hours notice for appointment cancellation.

**PET/CT – What to expect:**

- Blood Glucose check
- An IV will be started
- Valium will be administered
- Once the injection of the radiotracer has been administered, you will be asked to relax and remain absolutely still for 45 min. in a quiet and dimly lit room.  
No reading/listening to music allowed due to muscle activity.
- Oral Contrast will be given after about an hour
- Scan is performed about 90 minutes after the radiotracer injection, and will last for approximately 30-45min.
- Appointment time is approximately 3 hours.
- Family members are not allowed in the suite during the appointment.
- Scan results will be forwarded to your ordering physician usually within 24-48 hours