

Preparation for Patients Undergoing PET/CT Scans

Call 509.228.1630 if you have any questions concerning the following instructions.

What/ When to eat:

2 Days before the exam:

Do not consume alcoholic beverages

1 Day before the exam:

Do consume:

- Breakfast: No specifications. Breakfast may be eaten as usual.
- Lunch/ Dinner: Meals may consist of meat (beef, pork, lamb, fish, chicken, or turkey), eggs, and/or any kind of green vegetable.

Do not consume:

- sweets or sugars (artificial or natural)
- dairy (milk, cheese, yogurt, sour cream, etc.)
- fruit or juice
- carbohydrates (bread, potatoes, pasta, rice, crackers, etc.)

Do not exercise or engage in strenuous activities.

Day of the exam:

Do not consume:

- food and/or drink after midnight on the day of the appointment. **However, all patients may drink water in small quantities (1-2 glasses)** and take approved medications. If unsure about medications, please call 509.228.1630 the day before the scheduled exam.
- water pills, diuretic medications, or medications that cause nausea on an empty stomach

*Special Restrictions for Diabetics:

Do:

- check your blood sugar level at home prior to leaving for appointment
- ensure that blood sugar level is at or below 200mg/dl (below 150mg/dl is ideal)
- contact the PET/CT Center at 509.228.1629 if blood sugar level exceeds 200mg/dl

Do not:

- eat or drink 6 hours prior to test (water may be consumed if necessary to take approved medications)
- take insulin or oral diabetic medication after midnight the day of the exam

What to wear:

Dress in comfortable clothing such as sweats or workout clothes. If possible, avoid wearing clothes with zippers, snaps, or any other metal. Females: Please do not wear an underwire bra.

Parking:

Free parking is available in the Deaconess Health and Educational Building (DHEC) next to Deaconess Hospital. Parking validation is offered at the front desk.

Registration & Check-in:

Please arrive at the DHEC building located on 910 W. 5th Ave. and report to Suite 102 on the basement floor. Please arrive 30 minutes prior to the exam to allow time to check-in and to complete necessary paper work.

Procedure Description for PET/CT Scans:

- Scan usually takes 1.5 to 2 hours (total time including travel is approximately 3 hours)
- Scan may take longer depending on disease type and physical state of each patient

If you are on oxygen, please bring enough to last the entire time, include travel and check-in.