

## PET/CT Patient Preparation

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**If prep is not followed, the scan may need to be rescheduled.**

### DAY PRIOR:

- No exercise or strenuous physical activity 24 hours prior to your scan.
- Limit your sugar and carbohydrate intake the night before your scan.

### DAY OF YOUR SCAN:

- **NO FOOD OR LIQUID MEAL 6 HOURS PRIOR TO YOUR SCAN**
- **YOU MAY ONLY DRINK WATER** – It must be plain, unflavored water. NO coffee or tea.
- Drink plenty of water prior to your arrival.
- Take medications as scheduled prior to your scan if they are tolerated on an empty stomach.
- Wear comfortable, loose-fitting clothing. Try to avoid clothing and accessories containing metal.
- Allow two hours for your appointment.
- For your scan, you will need to lie still and mostly flat for up to 30 minutes.

### DIABETIC PATIENTS:

- Metformin type of medications can be taken as usual.
- Stop insulin injections four hours before the exam. If on a pump, keep in Basal mode.
- Dexcom can stay on during the exam.
- **On exam day, if blood sugar level is above 200, call the PET/CT department before coming in.**

### AFTER YOUR SCAN:

- Resume normal activities.
- Drink plenty of water and urinate often.
- **Limit prolonged close contact with pregnant women or infants for the next 3 hours.**

### SCHEDULING YOUR APPOINTMENT: Prior arrangements must be made for the following:

- **Anxiety medications:** These medications must be ordered by your physician prior to your appointment.
- **Port access:** Let the scheduler know if you have a chest port and would like to use it for your scan.
- **Mobility issues:** If you need a Hoyer lift to transfer to the table, please let the scheduler know.
- **Cancellations or running late:** Kindly call 24 hours before your appointment if you need to cancel your appointment. Since the medicine is time-sensitive, please let us know if you're running late.

**For questions or scheduling, call PET/CT at (509) 228-1715**