

PET/CT Scan: Patient Preparation Instructions for Best Results

Food, diet, clothing, medication, and lifestyle choices can affect the results of your PET/CT scan. These instructions will help you make necessary adjustments in order to receive the most accurate scan possible. If you have any questions, please call our PET/CT Center at 509.228.1715.

*** If you need anxiety medication**, please contact your physician's office at least 7 days prior to your appointment so that it can be ordered in time for your scan.

THE DAY BEFORE YOUR PET/CT SCAN:

- **Exercise:** No strenuous exercise 24 hours prior to your scan.

THE DAY OF YOUR SCAN:

- No food or drink (other than water) for 6 hours prior to scan (including gum, breath mints, cough drops, hard candy or anything that may contain sugar)
- **You may drink ONLY water up to the time of your scan.** It must be plain, unflavored water. NO tea or coffee.
- Drink two 8-ounce glasses of water the day of your scan prior to your arrival.
- Take medications as scheduled prior to your scan as long as they are tolerated on an empty stomach.
- Wear warm, loose-fitting clothing, as the scanning room tends to be quite cool. Try to avoid wearing jeans. You will NOT be required to remove any clothing prior to the scan unless it contains metal, which includes **jeans, zippers, underwire bras, jewelry, hair pins, etc.**
- Allow 2 hours for your appointment. For the scan, you will need to lie still and mostly flat for about 30 min.
- If you take anxiety medication, take it 1 hour before the scan & bring additional medication with you.

PORT PATIENTS - ADDITIONAL INSTRUCTIONS

- Ports can be accessed in the infusion room prior to your scan. Please notify the scheduler if you wish to have your port used.

DIABETIC PATIENTS - ADDITIONAL INSTRUCTIONS

- Diabetics who take ORAL medications can continue to do so.
- Subcutaneous insulin-dependent diabetics should have their last injection 4 hours prior to the exam.

HOSPITAL IN-PATIENTS - ADDITIONAL INSTRUCTIONS

- Any IV fluids containing glucose or parenteral nutrition should be discontinued 6 hours prior to the scan.

AFTER THE SCAN:

- **Avoid being within 10 feet of infants, children, pregnant women, and/or breast-feeding women for the remainder of the day.**
- Continue drinking water and emptying your bladder throughout the rest of the day.
- You may resume normal activities and contact with others on the following morning.