

## PET/CT Patient Prep

Patient Name: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM \ PM

Upon arrival your blood sugar will be tested to verify the test can be performed. An IV will be placed in the arm or hand for the injection of the radiotracer. During the exam you will lay flat on a padded exam table for 30 minutes. You should plan on being in the PET/CT Department for approximately 2 hours.

Please bring CD's and Reports from any previous imaging procedure, including CT and PET/CT scans which were performed outside of Silver Cross Hospital. Without providing prior imaging records, the PET/CT report may be delayed.

### INSTRUCTIONS

#### Day Prior to the Appointment

- Eat a high protein, low carb meal at dinner
- Avoid rigorous physical activity

#### Day of the Appointment

- No food for six (6) hours prior to study
- Drink plain water - No other type of liquid is allowed
- No gum chewing or hard candy the day of the scan
- Dress in warm comfortable clothing. Do not wear metal and leave jewelry at home.
- Take regularly prescribed medications (except diabetes medication/ sugar pill) if they can be tolerated on an empty stomach (consult your Doctor).
- Avoid rigorous physical activity

### ADDITIONAL DIABETES MEDICATION INSTRUCTIONS

#### *Non-Insulin Dependent*

- Hold metformin or any other diabetes medicine for the day of the scan

#### *Insulin Dependent*

- Hold insulin four (4) hours prior to the scan
- If patient has insulin pump turn off insulin pump two (2) hours prior to the scan

#### *IV's with glucose/dextrose*

- Discontinue IV solution for 4-6 hours prior to study

**If you must cancel or reschedule, it is important you provide us with advanced notice by contacting the Nuclear Medicine Department. After hours, please leave a message.**