

Patient Preparation Instructions

Preparation for your PET/CT study is more critical than for other commonly performed imaging studies.

Clothing

Dress in warm, comfortable clothing, as some scanner rooms may be cool. Avoid wearing jewelry and clothes with metal fasteners and zippers.

Food and Drink

Call the imaging facility for specific instructions.

Generally, the day before your scan drink six to eight glasses of water and limit the amount of sugar and caffeine you consume. On the day of the scan, do not eat or drink anything except plain water for four to six hours before your scan. Drink several glasses of water before your scan to ensure hydration.

Medications

Take your regularly scheduled medications with water prior to arriving for your scan, unless instructed otherwise.

Diabetic Patients

Inform the imaging facility ahead of time if you are diabetic to discuss specific instructions. You should test your blood sugar level before the scan; it should be approximately 100-200 mg/dL.

What to Expect: Procedure

Before arriving at the imaging facility, be sure to carefully follow the Patient Preparation Instructions.

Once at the imaging center, you will be asked to complete the necessary paperwork to begin the procedure. Be sure to bring your insurance cards with you to ensure accurate billing. It may also be helpful to bring a list of any medications you are currently taking.

You will receive an intravenous injection then you will be asked to rest quietly for approximately 60 minutes. A nurse may check your blood sugar level before injecting the radioactive glucose, particularly if you are diabetic.

After this resting period you will empty your bladder and the technologist will escort you into the scanning room where you will lie down on the scanner table. It is important to be comfortable and lie as still as possible for 25-35 minutes as the table passes slowly through the scanner acquiring several sets of images. The procedure is painless and has no side effects.

What to Expect: After your scan

Once the PET/CT scan is complete, you will be able to leave the imaging facility. Make sure you drink plenty of water or other fluids throughout the day.

What to Expect: Your PET/CT scan results

Your PET/CT scan results will be reported to your referring physician. Please contact your physician to discuss your PET/CT scan results.