



PET/CT SCAN INSTRUCTIONS

Please arrive at the **N. Davis Highway office**, 1st floor, at Imaging Check-in approximately 15-20 minutes early for any necessary paperwork. The PET/CT appointment will take 1 ½ to 2 hours from start to finish. Upon arrival in the PET/CT department, the technologist will go over your history and administer the radioactive tracer injection. *THIS IS NOT CONTRAST DYE* and there are no adverse effects from the tracer. The radioactivity is completely out of your system in just under 24 hours – however, due to that radioactivity **we ask that you avoid children & pregnant women for 24 hours after your PET scan.**

After the injection there is a one (1) hour incubation period during which you will be in a recliner in a private, quiet, dimly lit room. The scan follows immediately after and will take approximately 10-25 minutes. For best scan results, we ask that you just rest quietly during the incubation period. After your exam is completed you can resume your medications, meals, and all regular activities as usual.

Prior to the exam, we ask that you please follow the instructions below:

1. Please try to avoid caffeine, sweets, tobacco, and heavy exercise 24 hours before your appointment.
2. The evening before, try to eat a high protein and low carbohydrate meal.
3. You can take your daily medications (with plain water only) ***EXCEPT FOR INSULIN**, if you are an insulin diabetic, **DO NOT TAKE INSULIN THE DAY OF YOUR SCAN**. However, metformin or other diabetic pills are okay to take. ****The Blood Glucose level cut-off for the test is 250**, therefore, if your blood sugar runs at this level or higher, please contact a technologist at the number below.
4. Please consult with your physician if you are pregnant.

5. MOST IMPORTANTLY:

For 6 hours before the scan you can ONLY HAVE PLAIN WATER

Do not have anything to eat, no gum, candy, cough drops, cough syrup, black coffee, etc. You can have all the plain water you like - but **PLAIN WATER ONLY**. (No fruity, flavored, sweetened or artificially sweetened water.)

If you have any questions, concerns, or if you will not be able to make your appointment, please contact the PET/CT Department, 850-696-4265.