

PET/CT Patient Preparation

The expected time to be in our facility for a PET/CT exam is 2-3 hours. Included in this time is also the check in process.

The injection required for a PET/CT exam is a time sensitive Radioisotope that is specifically ordered on a per patient/per exam basis. Once an appointment has been confirmed with the patient, a 24 hour notice of cancellation is required in order to avoid the patient being billed for the Radioisotope.

Patients should be instructed to fast, except for water, 4 hours prior to their scheduled arrival time.

A high protein/low carbohydrate/low sugar diet the day before the exam and morning of (for afternoon appointments) will improve the quality of the scan.

Items to stay away from include...

Potatoes	Beets	Carrots	All Fruits	Alcohol
Rice	Breads	Corn	Juices	Coffee with Sugar
Pasta	Peas	Crackers	Soda & Soft Drinks	Sweet Tea

Water is allowed and encouraged up until the patient's scheduled arrival time.

Medications may be taken the day of the exam with water only, except insulin.

In order to keep the patient's blood sugar at a minimum, diabetic patients should have early morning appointments and take their oral medication. **Injected insulin should be discontinued the morning of the exam.**

All PET/CT patients will require a finger stick first to check their glucose (blood sugar) level, followed by an injection of a radioactive isotope. The isotope is **NOT** an iodine injection, and the patient cannot be allergic to it.

Any exercise, especially jogging or weightlifting should be avoided 24-48 hours prior to the appointment.

Patients should be instructed to dress warmly, to wear clothing without metal, and please do not wear jewelry. Pacemakers will not interfere with this exam.

Some examples of **foods that are allowed:** (high protein/low carbohydrate)

Beef	Tuna	Cucumber	Black Coffee
Chicken	Turkey	Lettuce/Spinach	Crystal Light
Eggs	Asparagus	Mushrooms	Unsweetened Tea
Fish	Broccoli	Nuts	Water
Lamb	Cauliflower	Peanut Butter	
Pork	Cheese	Tomato	