Patient information for PET/CT Imaging

How do I prepare for the test?
If you are claustrophobic (fear of enclosed or tight spaces), please have your physician prescribe a medication to help you through your appointment. Bring the medication with you, as we are unable to provide this for you.

24 hours before your exam:
- Drink plenty of fluids (eight 8 oz glasses or more), unless otherwise directed by your physician. Avoid strenuous activities including running, jogging, heavy lifting, or other exercise for 24 hours.
- If your test is scheduled later in the day, you may eat a low carbohydrate meal up to 6 hours before your appointment. Suggested foods include meat, eggs, cheese, and vegetables. Do not eat breads or cereal.

4 hours before the exam:
- Do not eat food or chew gum. You may drink only water or BLACK coffee.
- Do not smoke for 24 hours before your test.
- Do not do any strenuous exercise for 24 hours prior to your test.
- You may take your regularly scheduled medication with water.
- Wear comfortable clothing with no metal and avoid wearing jewelry.
- Diabetics: Do not take your insulin the day of the exam. Off any form of Metformin 36-48hrs prior to your appointment. If needed, call your physician for instructions to control your blood sugar due to this restriction.
- NOTE: Your blood sugar level must be below 180 mg/dL in order to have your PET/CT scan.

What should I expect?
- Plan to spend approximately 2.5 hours for your appointment.
- When you arrive in the Nuclear Medicine Department, a technologist will ask you a series of questions about your medical history. You will also have a blood test to measure the level of Glucose (sugar) in your blood before starting the test. If your blood sugar is too high (greater than 180 mg/dl), the test may need to be rescheduled.
- The technologist will start an I.V. line, which will be used to inject a radiotracer called $^{18}$F- FDG into a vein in your arm.
- After your injection, you will be asked to relax in a quiet room while the radiotracer circulates in your body. This will take 90 minutes. Unfortunately, you are not allowed visitors during this time.
- You will be taken to an imaging room where your scan will be performed.
- During imaging, you will need to lie very still to get the best possible images for your physician.

PLEASE ARRIVE 30 MINUTES EARLY TO REGISTER FOR YOUR EXAM

Date: ________________________________

Time: ________________________________

Please enter through the Offield Family Pavilion Entrance.
Check-in at the information desk before taking the elevator down to the Concourse Level outpatient registration waiting area. You will be called to register. You will be given a map and directions to the yellow waiting areas in the Imaging Department.

If you have any questions, please contact Central Scheduling at 231.487.4450
If you need to reschedule or cancel your appointment, please give 24 hour notice.

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