

## 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 <sup>18</sup>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.**