



# **PET/CT Imaging Center**

of Northwest Florida

## **PET/CT PATIENT PREP**

- NOTHING TO EAT OR DRINK EXCEPT WATER FOR 6 HOURS PRIOR to the scan (NO gum, cough drops, peppermints, liquid medicine, coffee, tea, soda).
- NO DIABETIC MEDICATION, especially insulin, 6 HOURS PRIOR to the scan. You can take any other medication.
- NO SMOKING day of the scan.
- DRINK PLENTY OF WATER the day prior and the morning of your scan (well hydrated=less attempts at starting an IV).
- MAINTAIN A HIGH PROTEIN, LOW CARB DIET (eat fish, chicken, beef, pork, nuts, eggs; DO NOT eat bread, potato, rice, pasta, sweets of any kind) the day prior to the scan. Your blood sugar must be below 200mg/dl.
- DO NOT EXERCISE the day prior or the morning of your scan.
- WEAR WARM, COMFORTABLE, LAYERED CLOTHING and try to avoid anything metallic.
- The entire process takes less than 2 hours. We start an IV, inject a small volume of radioactive electrolyte (not contrast; you cannot have a reaction; you will have no sensation; it has no impact on your kidneys), have you rest for an hour and then scan you. The scanner is open on both ends and makes no noise. The scan takes 15 minutes.

PATIENT NAME: \_\_\_\_\_

APPT. DATE & TIME: \_\_\_\_\_

YOU WILL RECEIVE A REMINDER CALL THE DAY PRIOR TO YOUR SCAN. WE MUST HEAR FROM YOU IN ORDER TO KEEP YOUR APPOINTMENT.

IF YOU HAVE TO CANCEL, THEN YOU MUST DO SO 24 HOURS PRIOR TO YOUR APPOINTMENT