



PET/CT Preparation Instructions

Your appointment is: _____ Please arrive no later than: _____

A member of our staff will contact you prior to your appointment to go over these instructions.

For any questions or concerns please contact us at (810) 244-7100

A PET/CT scan uses very small amounts of glucose (sugar) to make images within the body. The foods you eat affect your blood sugar, which in return may affect the quality of the exam. We have enclosed this list of instructions to help ensure that you have the best possible blood sugar on the day of your scan.

Food and Drink: (Diet is to be followed on day of the exam and day prior)

- **An all meat and vegetable diet would be best**
- **Only drink water** you must be well hydrated
- **Do not** eat carbohydrates. This includes potatoes, pasta, rice, breads, chips and pretzels.
- **Do not** eat cookies, candy, drink soda pop, alcoholic beverages, coffee or any other beverages containing caffeine.
- **Your blood sugar must be between 50-200 in order for us to complete your scan**
- **Do not** consume **any** food or drink 6 hours before your scan this **includes** candy, gum, mints, cough drops and **all** tobacco products.

Readi-Cat:

- One full bottle of Readi-Cat (Barium Sulfate) is to be consumed 2 hours prior to your arrival time.
- **Absolutely no food or drink after drinking the Readi-Cat.**
- We suggest chilling the Readi-Cat.

Medications:

- Patients taking steroids (i.e. Prednisone, Dexamethasone, Decadron) **must discontinue** this medication 24 hours prior to your appointment.
- Insulin dependent patients **must discontinue** Insulin 4 hours prior to your appointment.
- Patients taking Metformin **must discontinue** this medication 24 hours prior to your appointment
- All other medications can be taken as prescribed by your physician.

Restrictions:

- Avoid all strenuous activities and exercise 24 hours prior to your exam.

Clothing:

- We suggest dressing comfortably and in layers to stay warm, exam rooms are kept cool.
- Please avoid any clothing with large buttons, zippers or any other metal objects on them.

What to expect:

After checking in, our staff will check your blood sugar level and you will be injected with a small amount of radioactive sugar. Then, you will be required to sit or lay for 45-60 minutes. An interview process will take place to obtain your medical history. The actual scan will take about 30 minutes. Please plan on being at the office for approximately 2 hours.

Failure to follow the instruction listed above will result in cancelation of your appointment at that time you will be responsible for a \$175.00 cancelation fee. If you need to cancel or reschedule your appointment please contact us at 810-244-7100 no later than 24 hours in advance.