

Patient Preparation for PET/CT

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. **Please follow instructions below. Please bring your referral form, photo ID, medical insurance, and a complete list of all current medications with you at the time of your examination.**

Food and Drink: *(required diet to be followed day prior and day of the exam)*

- An all meat, eggs, cheese diet ONLY.
- 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, fruit, 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: *(contrast beverage; can be picked up at any of our locations)*

- Drink one full bottle of Readi-Cat (barium sulfate) 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. Your blood sugar must be between 50-200 in order for us to complete your scan.
- All other medications can be taken as prescribed by your physician.

Restrictions:

- Avoid all strenuous activities and exercise 24 hours prior to your exam.
- Patient cannot have chemo treatment 24 hours prior to appointment.

Clothing:

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

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 lie down 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 instructions listed above will result in cancellation of your appointment. You will be responsible for a \$175.00 cancellation fee. If you need to cancel or reschedule your appointment, please contact us at 810-244-7100 no later than 24 hours in advance.