

PET/CT Preparation

How to Prepare

- 24 hours prior to your exam, eat a high protein, low sugar, low carbohydrate meal. You may eat any meat, eggs and green leafy vegetables. Avoid potatoes, pastas, cereals, breads, corn, peas, carrots, dairy products, fruits and sugars.
- Avoid ALL caffeine and sugar for 24 hours prior to your appointment.
- NO strenuous physical activity or exercise for a minimum of 24 hours (ideally 48 hours) prior to your appointment.
- Avoid alcohol and nicotine products for 12 hours prior to your appointment.
- NO gum or mints for 6 hours prior to your appointment.
- DO NOT eat or drink anything (except water) 6 hours prior to your appointment.
- Regular medication may be taken with water as prescribed.
- Drink 4 glasses (32 oz) of water 2 hours before your appointment. Drinking lots of water is encouraged as it will enhance the quality of the PET/CT images.
- Contact your physician if you need medication for claustrophobia, anxiety, pain, or are being seen for cancer in the head and neck area. Bring these medications with you to the testing center, and make sure you have someone to drive you home.

What to Bring

- Bring a current list of your medications and at least one form of identification, such as a driver's license, to your appointment.
- Someone to drive you home if you are prescribed a sedative by your doctor. Bring this medication with you to your exam.

What to Wear

- Wear loose comfortable clothing, such as sweatpants and a pullover top that does not have zippers, snaps or buttons. If that is not possible, you will be asked to remove clothing containing such items and a pair of surgical scrubs or hospital gown will be provided.
- You will be asked to remove glasses, hearing aids, dentures, jewelry and bra prior to the exam. Leave valuable items such as jewelry or watches at home.
- The scanner room can sometimes be cool, so we suggest warm comfortable clothing.

Diabetic Patients

In addition to the above guidelines, diabetic patients must follow additional instructions prior to PET/CT:

- Do not eat or drink anything (except water) 4 hours prior to your appointment.
- Oral hypoglycemic medications should NOT be taken within 6 hours of your exam. All other non-diabetic medications may be taken with water as prescribed.
- Insulin should NOT be taken within 4-6 hours of your PET/CT appointment; take your usual insulin dose the day before your PET/CT exam. Your blood glucose MUST be <200 to do the exam. Contact your physician for specific instructions for controlling your glucose due to this restriction, if needed.



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