

PET/CT Scan Prep

- **No food for 4 hours prior to arrival. Water may be consumed during the 4 hours of fasting.**
 - **No chewing gum, nicotine gum, cough drops, hard candy.**
 - **No liquid dietary supplements for 8 hours prior to scan. (Ensure, Boost, Instant Breakfast, protein drinks)**
 - **Oral medications in pill or capsule form may be taken. Do not take liquid or chewable medications**
 - **Research protocols may require a 6 hour fast, research patients will be advised of the 6 hour fast.**
- **If receiving IV hydration, no solutions containing sugar (dextrose) for 4 hours prior to arrival.**
- **Last food intake prior to scan should be high in protein (meats, eggs, cheese) and low in carbohydrates (avoid bread, pasta, fruit and fruit juices).**
- **Diabetic patients:**
 - **Eat breakfast or lunch, then take your oral diabetic medications or insulin, (if insulin is taken, it must be 4 hours prior to arrival). Begin 4 hour fast. Take your blood sugar 2 hours after eating and call the PET Center with results. Blood sugar must be under 200 mg/dl.**
 - **Patients on insulin pumps should be maintained on basal rate, do not administer a bolus dose of insulin.**
- **No exercise or strenuous activities 24 hours prior to scan.**
- **Please bring your ID and insurance information with you to the PET Center. Please do not bring jewelry or valuables.**
- **Wear loose fitting clothing with no plastic or metal buttons, zippers or snaps. Gowns are available if you choose to wear other clothing to your appointment.**
- **Claustrophobic patients should contact their physician and request a prescription for an oral sedative. Bring medication with you to the PET center. PET staff will advise you when to take the medication.**
- **During the uptake phase of the exam you will be instructed to stay quiet and calm to minimize uptake into the peripheral musculature. You may bring an I-Pod or similar device to listen to music.**
- **Patients will need to be able to lie on their back for 20-30 minutes.**
- **If there is any possibility a patient could be pregnant they must provide a negative serum pregnancy test (not an at home urine test) prior to scan.**
- **Please avoid close contact with anyone who is pregnant or children under the age of 12 years old for 6 hours after the scan.**

**For questions regarding this information or other concerns
Please call (480)-425-5092 Monday-Friday 8:30 AM- 4:30 PM**