

## **PET-CT Scan Patient Preparation**

Please register in advance  
by calling **616.685.6094**

### The Day Prior Your Exam

- \* Follow the enclosed low carbohydrate diet.
- \* Refrain from all strenuous activity.
- \* Hydrate by drinking extra fluids, unless restricted.
- \* Contact your physician if you need medication for claustrophobia, pain or a contrast dye allergy. Plan on bringing these medications with you to the testing center.
- \* Glucophage must be discontinued for **48 hours after** the injection of iodinated contrast material (i.e. CT contrast/dye) and reinstated only after renal function has been re-evaluated and found to be normal. **This order is placed by the referring physician.**

### The Day of Your Exam

- \* Plan on being at the testing center for approximately **3 hours**.
- \* Due to the nature of the medication used, pregnant women and children are not allowed in the uptake rooms.
- \* Do not eat, drink (except water) or chew gum for **6 hours prior** to your scan. You may take your regularly scheduled medications, **except insulin**, with water prior to your scan.
- \* Wear comfortable, loose fitting clothing with minimal metal and avoid wearing jewelry.
- \* **Diabetics:** Do not take your insulin the day of your exam. If needed, contact your physician for specific instructions for controlling your glucose due to this restriction.

### The Procedure

- \* An IV will be established and kept in place for the entirety of your appointment. A small amount of radioactive glucose (FDG) will be administered and must circulate for approximately 90 minutes prior to your scan. The scan will take 30-60 minutes and may require the use of oral and/or IV contrast dye.
- \* During the circulation of the FDG, you will be in a private room equipped with cable television and a DVD player. Feel free to bring a movie along to watch.
- \* A CD player is available for your use during your scan. You may bring along a CD for your listening pleasure or enjoy our music.

### After Your Scan

- \* Please drink extra fluids throughout the day to help rinse the contrast dye and FDG from your system.
- \* Your PET-CT scan will be interpreted by a specially trained radiologist and a report will be sent to your ordering physician within 3–5 business days. Please contact your physician for results.