



● PET/CT Preparation Instruction ●



Patients safety
tips prior
to the exam

Please let us know if you have any allergies or adverse reactions to any medications

If you are pregnant or may be pregnant, please tell your doctor or technologist

Please do not bring any valuables with you

Please let us know if you need interpreting services, this can be arranged for you

Please bring a list of your current medications with you

If your doctor ordered contrast, please bring recent Creatinine test result with you

A day before Exam

- Avoid exercising 24 hours before exam. Avoid smoking for 24 hours before exam.
- Eat a low carbohydrate diet night before exam
 - a. Avoid sugar, potatoes, pasta, rice, bread, fruits, juice, coffee, or dairy products like milk, ice-cream, yogurt
 - b. You may to eat eggs, meat, fish, vegetables, or any other protein or fatty foods
- Routine medications may be taken, unless you have been instructed otherwise.
- If you are diabetic, you may take your diabetes medication no less than 4 hours prior to the exam
- If you are getting IV contrast, **Do Not** take Metformin, or Glucophage, one day before the exam, on the exam day, and one day after the exam (you can restart these medications 48 hours after the exam only with the permission of your primary physician).
- Drink 1 liter of water on the night before the exam to keep youe body well hydrated.
- **Do Not** eat after midnight.

On the day of exam

- Avoid smoking before the exam
 - a. You must kep your stomach empty. **Do Not** drink coffee, tea, milk, juice, sugar, or breakfast.
 - b. Do Not chew gum, candy, or mints before exam.
 - c. You may to take medications with plain water only.
- Wear warm and comfortable cloths without metallic zipper/buttons or underwire bra.

After your exam

- You should drink about 5 glasses of water.
- Nursing mothers should wait for 24 hours before resuming breast-feeding.
- If you feel any symptoms such as nasal congestion, itchy eyes, hives, rashes, sneezing, restlessness, tremors, pain, nausea, vomiting, dizziness, please notify the physician or specialist immediately.

