



## PET/CT

### How to prepare?

Plan to arrive 15 minutes prior to your scheduled appointment time. Please follow the preparation instructions carefully as they are critical for a successful scan.

- Refrain from strenuous exercise and caffeine the day of your appointment.
- Do not eat for **4-6** hours prior to your appointment. This includes gum, candy, mints, and cough drops.
- You may have only plain water during this **4-6** hour period, as it is important to remain hydrated. No Gatorade, Propel or flavored waters.
- You may take your medications if they can be tolerated on an empty stomach.
- Your appointment will last a minimum of 90 minutes, but can take up to 2 hours.

### Diabetic Preparation:

Please follow in addition to the above preparations.

- Blood glucose range of **60-200** for diabetic patients
- Eat a small, high-protein, low carb meal a minimum of **4** hours prior to appointment
- If your diabetes is controlled by **oral medications** only, you may take these with your small, high-protein, low carb meal a minimum of **4** hours prior to appointment.
- If your diabetes is controlled **by insulin**, please take your insulin as prescribed at least **4** hours prior to our appointment and closely monitor your glucose level.