



BEDFORD
DERRY
LONDONDERRY
RAYMOND
WINDHAM

PET/CT Patient Prep

6 Tsienneto Road, Suite 100LL, Derry, NH 03038
Scheduling: 603.537.1363

Patient Name (First, Last)

Appointment Date

Time

AM / PM

Please plan to arrive **30** minutes prior to your scheduled appointment time to allow for registration. It is **very important** that you contact the scheduling team, at the number listed above, at least 24 hours prior to your appointment time if you will be unable to attend.

Please follow the preparation instructions below and arrive on time as they are both critical for a successful PET/CT appointment. Failure to do so will result in rescheduling your appointment to another day.

General Preparation:

- » Refrain from strenuous exercise and caffeine the day of your appointment.
- » Do not eat for **6** hours prior to your appointment. This includes gum, candy, mints and cough drops.
- » You may **ONLY** have **plain water** (no lemon) during this **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 general preparation guidelines.

- » The goal is to obtain a blood glucose range of **60 – 200** for diabetic patients.
- » Eat a small, high-protein, low carb meal a minimum of **4** hours prior to your appointment.
- » You may **ONLY** have **plain water** (no lemon) during this **4** hour period as it is important to remain hydrated.
No Gatorade, Propel or flavored waters.
- » 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 your appointment.
- » If your diabetes is controlled by **insulin**, please take your insulin as prescribed at least **4** hours prior to your appointment and closely monitor your glucose level.

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