



Department of Radiology  
Advanced Imaging  
34 South Bedford Road  
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## Patient Preparation for PET/CT Scans

PET/CT scan is a nuclear medicine procedure based on metabolic evaluation of cellular GLUCOSE activity, therefore patient's blood glucose (sugar) level must be between 60-120 mg/dl for the best image quality.

Patients with **DIABETES** must have their glucose less than 200 mg/dl at the time of appointment. When you come in and your blood sugar is too high, we will reschedule you for another day.

**NEVER inject INSULIN to lower your glucose level before exam; it MUST be done at least 4-6 hours prior. Please read SPECIAL suggestions for patients with DIABETES (next page).**

### For ALL patients:

1. The day before your appointment please keep a **LOW CARB** diet (eat protein and green veggies) and refrain from any physical activity (hard work, exercise).
2. Please, **FAST for 6 hours before your exam. NO FOOD. NO DRINKS.**  
You may drink **ONLY PLAIN WATER** as needed.
3. You may take daily medication with plain water.
4. Please, **DO NOT SMOKE** for 2 hours prior.
5. **DO NOT CHEW GUM or have ANY CANDY** at least 6 hours before exam.
6. Be prepared to be at the facility for about **90 min.** for body scan.
7. For the brain scan, you will be at the facility for about **45 min.**
8. Wear warm, comfortable clothing. **Please, NO jewelry: chains, rings, earrings, bracelets, etc.**
9. Please, do not bring small children with you. Remember, you'll be radioactive after exam, avoid prolong and close contact with small **children and pregnant women for 24 hours.**

**For CLAUSTROPHOBIC patients: PET/CT camera is similar to MRI.  
You may come and see this machine any time before your scan.**

**\*IMPORTANT: If you are taking any type of sedative you MUST HAVE A DRIVER.**

Appt Date & Time \_\_\_\_\_



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**SPECIAL INSTRUCTIONS for DIABETIC patients: for the best image quality blood glucose level must be less than 200mg/dl (better 180mg/dl)**

**For Type 1 - insulin controlled**

- Whenever you inject insulin and eat (early morning or late evening) your appointment must be at least 4 hours or better 6 hours later. Adjust your glucose level and appointment time accordingly.
- If you have to eat in the morning and inject insulin, fast for 6 hours after and schedule your appointment in the afternoon.
- Some patients might have late supper and inject insulin in the evening. FAST overnight, drink plain water only and come for early morning appointment time.
- **Please NEVER inject INSULIN before you scan, it may compromise the scan.**

**For Type 2- orally controlled**

- **FAST** overnight. If your glucose level less than 180mg/dl in the morning, and you do not have to take diabetic medication at this time, get early morning appointment.
- If you have to take diabetic pills in the morning and eat, please **FAST** for 6 hours and make an afternoon appointment
- If you are Type 2 and take insulin, follow instructions for Type 1

**NOTE: If for any reason you need to cancel your appointment PLEASE GIVE  
US 24 hour notice  
Thank you.**