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.
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.