

## PET/CT Scan—Patient Preparation at New England PET Imaging System

### Very important note about your Arrival Time:

The radiotracer that you will be receiving for your PET/CT scan is very time sensitive. It is extremely important that this radiotracer be administered at the designated time of your appointment. Plan to arrive for your appointment 15 minutes early to allow for paperwork. For example, if you are scheduled for an 8:00 AM scan, you should arrive at 7:45 AM to fill out paperwork and be ready to start on time.

### **IMPORTANT PREPARATION INFO**

- No food for 4 hours prior to study. You are **ENCOURAGED TO DRINK WATER**, but no other type of liquid is allowed. Flavored water is **NOT** allowed. Please do not chew gum!
- Please do not perform any strenuous physical activity (weight lifting, running, etc.) for 3 days prior to your PET scan.
- For patients with a feeding tube, do NOT EAT FOOD for 6 hours prior to the PET/CT scan.
- Patient should wear warm, loose-fitting clothing **without zippers or any metallic objects**. If patient wears anything else that might interfere with the scan, then patient will need to change into a hospital gown. If applicable, patients will also be required to remove dentures for the scan.
- Patient should take regularly scheduled medications if they can be tolerated on an empty stomach.
- Patient may be required to take medication to relax his/her muscles for the PET/CT examination. Please speak with your Physician regarding a PRESCRIPTION if needed, especially if there are concerns for claustrophobia. Patients should NOT take any such medication until after they have arrived and the PET/CT staff advises them to do so.
- **Nursing Home patients and Inpatients** should **discontinue IV's with glucose** at least 4 hours prior to scan (**D5, D3**).
- Patient **MUST** bring photo ID, insurance cards and any pertinent CT or MRI films with him/her to the PET exam.

### **DIABETIC PATIENTS**

**Diabetic patients** who are **insulin** dependent must check with the NE PET office staff to review specific instructions:

- Fasting for four hours prior to the PET/CT appointment time.
- If patient has an **appointment time for 7am or 8am**: Patient should **NOT** take any insulin. Patient should bring their insulin with them for administration at the completion of the scan.
- If patient has an **appointment time for noon or 1pm**: Patient should take ½ of their insulin along with a light breakfast and allow for 4 hours of fasting before the appointment time.
- Patients with an insulin pump should not change anything except to fasting for 4 hours prior to the PET/CT appointment.