

# PET MEDICAL IMAGING CENTER

Spectrum Health · Saint Mary's Health Care  
Advanced Radiology Services, PC · Kent Radiology, PC

## PET-CT SCAN PATIENT PREPARATION

### The Day Prior to Your Exam

- \* Follow the enclosed low carbohydrate diet. Only tap or bottled water 6 hours before exam.
- \* Refrain from all strenuous activity.
- \* Hydrate by drinking extra fluids, unless restricted.
- \* Contact your physician if you need medication for claustrophobia, pain or a contrast dye allergy. Plan on bringing these medications with you to the testing center.

### The Day of Your Exam

- \* Plan on being at the testing center for approximately 3 hours.
- \* Due to the nature of the medication used, pregnant women and children are not allowed in the uptake rooms with the patient.
- \* Do not eat, drink (except water) or chew gum for **6 hours prior** to your scan. You may take your regularly scheduled medications, **except insulin**, with water prior to your scan.
- \* Wear comfortable, loose fitting clothing with minimal metal and avoid wearing jewelry.
- \* **Diabetics:** Do not take your insulin the day of your exam. If needed, contact your physician for specific instructions for controlling your glucose due to this restriction.

### The Procedure

- \* An IV will be established and kept in place for the entirety of your appointment. A small amount of radioactive glucose (FDG) will be administered and must circulate for approximately 90 minutes prior to your scan. The scan will take 30-60 minutes and may require the use of oral and/or IV contrast dye.
- \* During the circulation of the FDG, you will be in a private room equipped with cable television and a VHS/DVD player. Feel free to bring a movie along to watch, books or magazines to read. If you are having a PET Scan of the brain, no movies are allowed as this scan requires 1 hour of restrictive stimulation before your scan.
- \* A CD player is available for your use during your scan. You may bring along a CD for your listening pleasure or enjoy our music.

### After Your Scan

- \* Please drink extra fluids throughout the day to help rinse the contrast dye and FDG from your system.
- \* Your PET-CT scan is interpreted by a specially trained radiologist and a report is sent to your ordering physician within 3–5 business days. Please contact your physician for results.