

PET/CT PATIENT PREP

The first four guidelines (1-4) apply if you are having an FDG PET/CT scan of your body (Skull to Mid-Thigh, Whole Body scan for Melanoma/Sarcoma, or Brain). If you are scheduled for a Sodium Fluoride (NaF) PET/CT bone scan, then you may disregard the first four guidelines. However, the last five guidelines (5-9) apply to all patients.

- 1. DO NOT eat or drink anything starting at 6 hours prior to your scheduled exam time (except for water) otherwise your exam will be rescheduled.**
- 2. If you are diabetic and take insulin, do not take your insulin during the 6 hours while you are fasting for this exam in order to avoid a drop in your blood sugar. If you are diabetic and take Metformin or Glucophage, please stop taking this medicine for 48 hours prior to your exam.** Please also monitor your blood sugar and make sure your blood glucose is controlled (less than 200 mg/dl). If your glucose level is above 200 mg/dl on the day of your exam then your exam will need to be rescheduled.
- 3. Avoid strenuous exercise starting at 48 hours prior to your scheduled exam time.**
- 4. Avoid eating foods that contain carbohydrates and/or sugars starting at 24 hours prior to your scheduled exam time. Please only eat foods that are high in protein, eat vegetables, and drink lots of water starting at 24 hours prior to your exam.**
- 5. Dress warmly and comfortably to your exam. Do not wear clothes that have metal components and do not wear any jewelry.**
- 6. If you are claustrophobic and need anti-anxiety medications while having this procedure, please obtain a prescription from your physician beforehand so you can bring this medication with you. We do not provide these medications. If you plan on taking anti-anxiety medication for your exam, please have someone drive you to and from your exam.**
- 7. Please check-in 30 minutes prior to your scheduled exam time. This is important because your scan requires a time-sensitive injection that has been specifically ordered for you. If you are late, your appointment may be rescheduled. Plan on being here for approximately 2 to 3 hours.**
- 8. Please bring any available outside radiologic films or CDs, doctor's notes, lab work, and pathology reports with you to your appointment.**
- 9. Please bring your ID and insurance information**

WRAP UP ITEMS

Drink plenty of water before and after your exam.

If you use a wheelchair or have any disabilities that require others to assist you, then please arrange for proper transportation and assistance.

APPOINTMENT DATE & TIME: _____

APPOINTMENT LOCATION:

**Valley Radiology Consultants (VRC)
255 North Elm Street, Suite102
Escondido, CA 92025
(760) 739-5400**

REFERRED BY:

Please visit our website www.valleyrad.com for more information.

You can also go to Radiologyinfo.org to learn more about your procedure. It is also available in Spanish.