

PET/CT Patient Preparation Information

PET/CT Preparation

- Please wear comfortable clothes (with elastic waist band if possible). Refrain from wearing metal zippers or jewelry of any kind. Please make sure your pockets are empty.
 - Please do not exercise the day before and the day of the exam.
 - Please do not eat 6 hours prior to the exam, including gum, breath mints, cough drops, hard candy or anything that contains sugar.
 - Please follow a low carbohydrate diet the day prior to the exam (no pasta, bread, rice, potatoes, cereal, sugar or chewing gum, etc.).
 - Please refrain from caffeine 24 hours prior to your procedure.
 - You may take any medications before the test and drink water **ONLY**. It must be plain, unflavored water. No regular or decaf coffee or tea.
 - If you are a diabetic, please let us know. Your blood sugar should be 180 or less (and within healthy levels).
 - Please bring your previous PET scans and reports (if they were **NOT** done at Jupiter Medical Center).
 - Please allow approximately 1 ½ hours for the preparation and scan.
 - You must be able to lay still and flat for 15-20 minutes.
 - If you need pain or anxiety medications, please take them 1 hour prior to the scan.
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PET/CT Exam Day

- Please arrive 1 hour and 15 minutes prior to the exam to complete the registration process.
- When it's time for your exam, the technologist will escort you to the preparation room to explain the testing procedure and answer any questions.
- Your blood sugar will be checked and an IV of radioactive glucose will be injected.
- You will be instructed to remain in the preparation room for 30 to 45 minutes.
- You will then be taken to the imaging room and placed on the table for 15 to 20 minutes. It is very important that you remain still while the images are being obtained.
- When your exam is completed you will be able to go home and resume normal activities and diet.
- Results will be forwarded to your physician, who will then discuss them with you.

PET scans are done at the Outpatient Imaging Center, 2055 Military Trail, Suite 101 in Jupiter.