
Patient Name (First, Last)

Appointment Date

Time

AM / PM

Food, diet, clothing, medication and lifestyle choices can affect the results of your PET/CT Scan. These instructions will help you make the necessary adjustments so that your scan can be completed as scheduled and at the highest quality.

Day before Your Scan:

All Patients

- » Eat a low carbohydrate/high protein diet (**have** meat, eggs, cheese-**avoid** cereals, bread, sugar, etc.)
- » It's important to be well-hydrated. We recommend you drink 4 glasses of plain clear unflavored water.
- » No strenuous exercise (running, weight lifting, biking, etc.)

Day of Your Scan:

For Diabetic Patients

- » Nothing to eat **4 hours prior to your scan** – (no mints, gum, cough drops and hard candy).
- » Prior to the fasting period eat a high protein/low carbohydrate diet.
- » Your glucose level will be tested once you arrive at the scanning facility. **If for any reason your level is out of the range approved by the radiologist, your exam may need to be rescheduled.**
- » You may have **plain clear unflavored water only** throughout the fasting period (no juice, coffee, tea or soda).
- » Take **your oral medication or your insulin 4 hours prior to your scan.**
- » If you use an insulin pump, please contact the PETCT scheduling department for further instructions.
- » Bring as few items as possible however; please **DO** bring a **current list of medications** and your **insurance card**.
- » Wear warm, comfortable metal free clothing.
- » Post scan instructions will be provided by the Technologist.

For Non-Diabetic Patients

- » Nothing to eat **6 hours prior to your scan** – (no mints, gum, cough drops and hard candy).
- » You may have **plain clear unflavored water only** throughout the fasting period (no juice, coffee, tea or soda).
- » Take medication as scheduled as long as they can be tolerated on an empty stomach.
- » Bring as few items as possible however; please **DO** bring a **current list of medications** and your **insurance card**.
- » Wear warm, comfortable metal free clothing.
- » Post scan instructions will be provided by the Technologist.

Important Note:

In order to have a successful result of your scan, a costly medication especially formulated for you will be ordered the day prior to your appointment. **Arrive on time** as the medication may not be usable if you are late. **If for any reason, you cannot keep your appointment, please notify our office at 413.748.9331 by 1:30 PM, 24 hours prior.**

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