

PET

Positron Emission Tomography

Imaging Services Positron Emission Tomography (PET)	Prep Instructions
<p>ALL PET SCAN PATIENTS ARE REQUIRED TO:</p> <p><u>Examples of a meal:</u></p> <p>Bacon, eggs, ham, salad, fish and certain vegetables.</p> <p>No juices or fruit please.</p>	<p><u>Scheduling the exam:</u></p> <ul style="list-style-type: none">• Inform the scheduler if claustrophobic. If claustrophobic, patient should contact their physician for medication.• Inform scheduler of patient's weight. If the weight exceeds 500 lbs, the scan cannot be performed.• Inform scheduler if patient is on oxygen or needs a nebulizer.• Please be on time for the scheduled exam, and call the scheduling department if the appointment needs to be cancelled (678-312-3444). <p><u>Preparing for the exam:</u></p> <ul style="list-style-type: none">• Patient is not to eat anything 6 hours prior to study. No food should be eaten after midnight the day before the exam.• Refrain from eating carbohydrates and sugars with last evening meal the day before the exam. Avoid candy, chewing gum, and coffee the day of the exam.• Water is allowed the morning of the exam.• Be well hydrated and drink at least 32 ounces of water throughout the day prior to the exam. Refrain from smoking, or drinking alcohol.• Avoid strenuous activity 24 hours prior to the exam. <p><u>Having the exam done:</u></p> <ul style="list-style-type: none">• Wear warm and loose fitting clothing for the exam, avoiding metal, jewelry, and zippers. Inform PET scan personnel if patient has had a mastectomy.• Please note that the PET scan process, from registration to the actual procedure, will take approximately 2 (two hours).• Please note that the PET scan procedure is non-invasive and painless. An IV will be applied by the technologist to allow for a "tracer" material to be injected.• Please do not bring young children or pregnant women with you to the appointment.
<p>ADDITIONAL INFO FOR PATIENTS ON INSULIN:</p> <p>** Please note that patients may be taking insulin even though not diabetic. (Polycystic Ovarian Syndrome, etc.)</p>	<p><u>Scheduling the exam:</u></p> <ul style="list-style-type: none">• Inform the scheduler if taking insulin, and if medications are required to control diabetes, noting whether the patient is on Insulin or oral medications. Diabetic patients that are diet-controlled do not require special preparation other than fasting.• Inform the scheduler if taking insulin for other medical reasons. <p><u>Preparing for the exam:</u></p> <ul style="list-style-type: none">• If diabetic, imaging is usually performed in the morning before first meal and before taking insulin or diabetic medication. If the patient needs to take regular insulin, it should be taken at least 6 hours prior to the exam.• If an afternoon exam is scheduled for a diabetic patient, patient should eat a light breakfast avoiding carbohydrates, sugar, and nicotine and should fast for 6 hours prior to the test. Water is allowed.

	<p><u>Having the exam done:</u></p> <ul style="list-style-type: none">• A finger stick blood glucose level will be checked the day of the exam. The glucose level should be less than 200 mg/dl. If glucose level is higher than 200 mg/dl, the exam will be rescheduled.• Patient is informed that blood glucose levels should not be lower than 70 mg/dL while fasting. Patient should not let blood glucose level go so low that it is unsafe.
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*** Weight limit is 500 pounds.

*** Patient should bring their own supply of oxygen or nebulizer.

*** If patient has had a prior PET scan performed at another facility, they should bring a copy of their scan on a CD for correlation.