

PET/CT OUTPATIENT INSTRUCTIONS

General Patients:

- Fast from all food 6 hours before the exam.
- Take only medications that can be tolerated on an empty stomach.
- Drink a minimum of 16 ounces of water prior to arriving for your appointment.
- If sedated, arrange for someone to drive you to and from your appointment.
- The day before your exam avoid concentrated sugars, pasta and starches. No juices, gum, candy, mints, potatoes, corn, etc.
- No caffeine 12 hours prior to your exam.
- No exercising 24 to 48 hours prior to your exam.
- Drink plenty of water prior to exam, unless the patient has been 'medically advised' to restrict fluids due to renal/kidney condition.

Diabetic Non-Insulin Dependent Patients:

- Fast from all food 6 hours before the exam.
- Take your diabetes medication the day of your exam. Glucose level will be checked prior to exam. If your level is above 200 the exam cannot be performed.
- Drink plenty of water prior to exam, unless the patient has been 'medically advised' to restrict fluids due to renal/kidney condition.

Diabetic Insulin Dependent Patients:

- Take your insulin. Don't fast, eat regular diet because it is unnecessary to disrupt blood glucose levels.
- Drink plenty of water during the 6 hours prior to appointment.
- Glucose level will be checked prior to exam. If the level is above 200, the exam cannot be performed and the patient will need to be rescheduled.