

# Preparing for your PET/CT scan

## NON-DIABETIC PATIENTS

Do not eat or drink 6 hours prior to your PET/CT exam and avoid gum, candy, sugar, cough drops, tobacco products and caffeine.

Drink plenty of plain, unflavored water prior to your appointment, and take prescribed medications as directed.

## DIABETIC PATIENTS

You may eat a light meal and take oral diabetic medications as directed 6 hours prior to your exam. Drink plenty of plain, unflavored water prior to your appointment, and take prescribed medications.

Avoid any candy, gum, nicotine, cough drops, sugar and caffeine. If you are insulin-dependent, you may take your insulin with your meal 4 hours before the exam. If you wear an insulin pump, contact your referring physician for further instruction prior to your appointment. Please monitor your glucose level; if it goes over 200 prior to your exam, you may need to reschedule.

## EXERCISE/ACTIVITY

Please do not exercise or engage in strenuous activity during the 24 hours before the exam.

## IF YOU NEED TO CANCEL

This PET/CT exam requires a medication to be ordered specifically for you. If you need to cancel or reschedule, please do so by 3 p.m. on the day prior to your appointment. Call the phone number below.

## ARRIVAL TIME

If you are a hard stick for IV, please arrive one hour prior to your appointment time. All other patients should arrive 30 minutes before appointment time.

## WHAT TO WEAR

Warm, loose-fitting clothes without metal such as underwire bras, girdles, metal snaps/zippers and pins. Leave all valuable items at home. You may be asked to change into a gown.

## WHAT TO BRING

Insurance cards, your referral form, current list of medications, and any paperwork from your physician. Bring any prior studies, such as PET/CT or CT films or disks.

## ON-BODY DEVICES

You will be asked to remove devices such as glucose monitors or medication delivery devices for the exam. If you have questions, please contact us prior to your appointment at the phone number below.

My appointment:

\_\_\_\_\_

**DATE**

\_\_\_\_\_

**TIME**

## LOCATION:

**EASTON IMAGING CENTER**

10 Martin Ct  
Easton, MD 21601

**SHORE PAVILLION**

125 Shoreway Dr  
Queenstown, MD 21568

## Questions?

Call **410.820.6506** with questions or changes to your appointment.

