

PET SCAN



PATIENT PREPARATION, PROCESS AND NOTICES

PREPARATION INSTRUCTIONS

DO NOT

- Eat or drink anything except plain water for 6 hours prior to your scan
- Abstain from use of nicotine 24 hours prior
- Engage in vigorous exercise 24 hours prior to your appointment
- Wear any clothing with metal on it (includes no zippers, pearl snap shirts or jewelry)

DO

- Stay hydrated with water
- Follow a no-carbohydrate, low sugar, high protein diet
- Take all medications as prescribed, including pain medications, except for:
 - *Diuretic* medication
 - *Diabetic* patients:
 - Please check your blood sugar 2 hours prior to your appointment
 - If your blood sugar level is over 160, take your medication as ordered
 - If your blood sugar level is under 160, do not take your medication until after your scan
 - Bring all diabetic medication with you to your appointment
- Wear comfortable, warm clothing



THE PROCESS

- You will be asked to check in 30 minutes prior to your scheduled appointment time.
- Please allow up to 2 hours for the entire PET scan process.
- You will be given an IV injection of radioactive glucose (the “tracer”) at the start of your appointment that is made specific to your appointment time. There are no side effects or possible allergic reactions to this injection. The goal is even distribution of the tracer throughout your body, thus relaxation with minimal movement in our injection room for approximately 60 minutes is required.



- The scanner's bed moves in segments through the donut hole and it is very important you remain still throughout the duration of the scan. Technologists will observe through a window the entire duration. Scans take approximately 15 minutes, unless your physician has ordered a whole body scan in which this will take up to 30 minutes.
- You will be able to drive after the scan (unless prior notice has been given to you regarding sedation).
- Please make arrangements for childcare during this appointment (we cannot be responsible for children left unattended).
- We recommend you avoid close contact with children and pregnant women for 6 hours after the scan for radiation exposure purposes.

FAMILY AND FRIENDS NOTICE

- No one will be allowed to accompany the patient to or in the injection room nor scan room due to radioactive properties of the injected glucose (if there are special circumstances where one needs to stay with the patient, prior notice to the PET department is required).
- Company is welcome to wait in the designated waiting area, though we ask children do not attend for radiation purposes.

CANCELLATIONS OR RESCHEDULES

- **Cancellations or reschedules must be made with a minimum 24 hours notice to (316) 613-4309 or 613-4305 otherwise you will be charged with the injection dose fee of \$130.00.**
- You must contact our office if you are hospitalized within the 24 hours prior to the scan.

*A radiology staff member will contact you two days prior to your appointment to confirm your appointment and answer any questions you may have.

