



## **PATIENT INSTRUCTIONS FOR PET IMAGING**

Please follow the instructions for the examination indicated, unless physician has informed you to the contrary. **If there is a chance you could be pregnant or breastfeeding, please inform your physician and the Institute of Diagnostic Imaging.**

If you are unable to keep your appointment, please call (850) 314-7575 no less than 24 hours in advance. There is a special isotope (FDG) that is being ordered specifically for your exam and cannot be used by any other patient therefore, it is extremely important that you show up for your appointment on the correct date and time.

**How do I prepare for a PET scan?** You should not have anything to eat or drink for at least 4 hours prior to coming for your PET scan. If there are medications that need to be taken with food, you may have a few saltine crackers. It is acceptable to drink water prior to this exam. It is best to have a high protein dinner with no carbohydrates the evening before this exam. Diabetic patients need to regulate their blood sugar as close to normal as possible because the glucose in the blood competes with the radioactive glucose that we will be administering. If your blood glucose levels are over 200, please contact the Institute of Diagnostic Imaging (IDI) prior to coming for your scan so that we can work with you and your physician to obtain a high quality scan.

You should bring medications for pain, anxiety, or claustrophobia if you need them. If you will be taking any medication for anxiety or claustrophobia, please bring someone with you to drive home. The temperature of the scanner room can get chilly, so dress warmly or bring a sweater. If you have any questions about your preparation for your scan, please let us know. **DO NOT EXERCISE THE DAY PRIOR TO THIS EXAM.**

**What should I bring for a PET scan?** If you have x-rays, CT scans, MRI's or nuclear medicine scans, please bring them with you. Upon arrival at IDI, you will be asked to complete a questionnaire about your medical history and current medications. You can bring your favorite tapes or CD's to listen to during your study.

**Obtaining Results:** After the PET scan is completed, a team of experienced technologists and physicians will develop many images, which will be reviewed in detail by the radiologist at IDI. An interpretation will be rendered and forwarded to your physician, who will review the results and evaluate the new information. Your physician will then discuss the best course of therapy with you.