



**Patient Instructions**  
**Pet/CT Scan**

<b>Affix Label Here</b>
Name: _____
Date of Birth: _____
PTID: _____

**What is a PET/CT Scan?**

PET (positron emission tomography) looks at how the cells in your body process a radioactive tracer that is injected through an intravenous (IV) line. CT (computed tomography) uses X-ray technology to produce detailed images. By combining two scans, a PET-CT shows both your anatomy and how your cells are behaving.

PET/CT scanning is a non-invasive, painless imaging procedure. PET/CT scan images help your doctor plan appropriate treatment.

**How do I prepare for a PET/CT scan?**

- **DO NOT** eat or drink anything, except plain water for 6 hours prior to your appointment. Continue to take regular medications if they can be tolerated on an empty stomach (consult with your physician prior to date of exam if you have any questions).
- **DO NOT** chew gum or eat mints/candy before your appointment.
- Dress warmly and comfortably for your exam.
- If you are diabetic, take your oral medications with plain water. If you take insulin, **DO NOT** take it **within 2** hours of arrival time. Plan ahead and take it 2 hours **prior** to arrival. The goal for diabetics is to obtain a fasting blood glucose of 200 or less. Your glucose will be tested once you have checked in.
- If you are claustrophobic and require anti-anxiety medication, please contact your physician prior to your appointment for a prescription. **We cannot prescribe or supply medication.**
  - Take anti-anxiety medication 1 hour prior to your appointment. Bring your prescription bottle with you to your appointment.

***You will need a driver if you take this medication.***

**What can I expect?**

- Once you arrive, you will be asked to fill out screening/history forms.
- You will have an IV started and a radioisotope will be injected. You will sit quietly to allow the radioisotope to circulate throughout your body.
- After about an hour, you will be asked to empty your bladder, then you will be taken to the scanning room. You will be asked to lie still.

**How long will the exam take?**

- You will be at the facility for approximately 1 ½ hours.

**What will happen after the PET/CT scan?**

- You will be able to resume normal activity after your scan. Any special instructions will be given before you leave. You may be asked to drink extra water for the next 6 hours.

If you have any questions or concerns, call your clinic weekdays between 8 a.m. and 4:30 p.m. \_\_\_\_\_  
 After hours and weekends, call **1-800-KARMANOS (1-800-527-6266)**

Patient/Personal Representative Signature \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Nurse Signature \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_