



101 Westside Drive, Dothan, AL 36303

PET/CT Exam Patient Preparation Instructions

Food, diet, clothing, medications, and lifestyle choices can affect the results of your PET/CT. These instructions are to help you make the necessary adjustments so that your scan can be completed as scheduled and at the highest quality.

Day Before Your Scan

ALL Patients:

- Eat a low carbohydrate/high protein diet (have meats, eggs, cheese- avoid cereals, bread, and sugar).
- It is important to be well hydrated. We recommend you drink 4 glasses of plain, clear, unflavored water.
- No strenuous exercise (running, weight lifting, biking, etc.).

Day of Your Scan

Diabetic Patients:

- Nothing to eat or drink **4 hours prior your scan** (no mints, gum, cough drops, or hard candy).
- Your glucose level will be tested once you arrive at the scanning facility. **If for any reason your glucose level is out of the Radiologist approved range, your exam will need to be rescheduled.**
- You may have plain, clear, unflavored water only throughout the fasting period (no juice, coffee, tea, or soda).
- Take your oral medications or your insulin **4 hours prior to your scan.**
- If you use an insulin pump, please contact the imaging department (334-792-9500) for further instructions.
- Bring a **CURRENT** list of your medications and your insurance card.
- Wear warm, comfortable, metal free clothing/bra.

Non-Diabetic Patients

- Nothing to eat or drink **6 hours prior to your scan** (no mints, gum, cough drops, or hard candy).
- You may have clear, plain, unflavored water only through the fasting period.
- Take medication as scheduled as long as they can be tolerated on an empty stomach.
- Bring a **CURRENT** list of your medications and your insurance card.
- Wear warm, comfortable, metal free clothing/bra.

ARRIVE ON TIME. A costly medication specially formulated for you has to be ordered the day prior to your exam. Your scan results are dependent upon this medication and the medication may not be usable if you are late or do not show for your appointment.