



CHRISTIE CLINIC

Medicine for Your Life

Scheduling: (877) 688-6122

PET/CT Patient Prep

Patient Name: _____

Appointment Date: _____ **Time:** _____ **AM/PM**

An appointment time has been specifically reserved for you. Please plan to arrive 30 minutes prior to your appointment time. It is critical to be on time because a radioisotope from a nuclear pharmacy has been specifically created for your appointment.

Expect the entire procedure to take 90-120 minutes. The actual time laying down for the exam is 20-30 minutes. It is very important to follow these general guidelines:

General Prep Instructions

- Eat a high protein, low carbohydrate diet the day before your exam
- Avoid rigorous activity the day before the exam
- Please do not eat 6 hours prior to appointment time
- You are encouraged to drink plain water during this 6 hour fasting period
(Please no flavored water drinks such as Gatorade, Propel, Crystal Light, etc.)
- Continue to take regularly prescribed medications as long as they can be tolerated on an empty stomach
- Please do not chew gum on the day of exam
- Dress in warm comfortable clothing
- Please wear as little to no metal as possible
- Please bring your photo ID and insurance card(s)
- Please bring a list of any current medications

Diabetic Prep Instructions

- The goal is to obtain a blood glucose level of 200 or less
- Please follow general prep instructions listed above with the exception of the 6 hour fasting period
- Diabetic patients are encouraged to eat a high protein meal no sooner than 4 hours prior to appointment time; examples of what to eat (eggs, meat, cheese); examples of what not to eat (cereals, bread, fruit, juice). Do not take diabetic medications on an empty stomach.

Non-Insulin Dependent

- Take normally prescribed oral diabetes medications up to 4 hours prior to appointment time with your meal

Insulin Dependent (if patient is on subcutaneous medication)

- Take normally prescribed insulin medication up to 4 hours prior to appointment time with your meal