



## **PET/CT**

### **Preparation:**

- The evening prior to the study, eat a meal that is high in protein such as fish, meat, chicken or eggs.
  - This meal should be low in carbohydrates. Do not have bread, pasta, rice or starches such as corn or potatoes.
  - Do not eat foods with high sugar content, such as desserts.
  - Most green vegetables are acceptable.
  
- At midnight the night before your scheduled test you are required to have nothing more to eat or drink except PLAIN water.
  
- Please drink PLAIN water. The morning of your PET/CT scan you should drink 8 oz. of plain water.
  
- Medications are to be taken as normal, UNLESS they are diabetes related medications. Patients currently taking diabetic medications are to be given further instructions dependent on the glucose levels and specific medical profile.
  
- If you have any concern of claustrophobia, please ask your physician about medication.

**If you have had imaging tests outside of SMMC, it is very important to bring prior films of CT studies, MRI's, Bone Scans and X-rays with you to your PET/CT scan. Please check to see if we have received your script from the doctor and bring your insurance card.**