



PET/CT SERVICES

OF FLORIDA

1541 SW 1st Ave Ste. 101, Ocala, Florida 34471 (352) 622-1133 (352) 622-8844[FAX]

Instructions for PET/CT Scan

- High Protein Dinner w/Vegetables night before scan. No Carbs and No Starches! **Avoid Sugars!**
- Hydration is extremely important! Increase your water intake for 24 hours prior to the appointment. **Plain water only!** You can have water right up to scan time!
- No food for at least 5 hours prior to study. If you eat a breakfast, continue eating high proteins foods. Eggs are a good option! No carbs and No starches! **No coffee, tea or juice** the morning of the scan!
- **Do not use chewing gum, lozenges, or mints** prior to the scan.
- Any oral medications are ok to take as normal with water. Medications that are required to take with food should be withheld until after study.
- **Diabetics:** Insulin dependent patients who have morning appointment, no insulin the morning of the scan! Patients with afternoon appointments (after 1:00) who have eaten 5 hours prior to study may take insulin that morning but no later than 8:00 am. Please contact our office for any additional instructions.
- **Claustrophobic:** Delay taking prescribed anxiety medications until after you arrive. The technologist will instruct when best to take them. You must have a driver with you!
- No vigorous activity and no heavy lifting for 24 hours prior to test. Rest and take it easy!
- Plan on arriving 15 minutes prior to appointment time to complete any paperwork.
- Bring photo id and insurance card so we can make a copy.
- Dress **warm** and comfortable. It gets very chilly in here! No metal on your clothing including **zippers, rhinestones, hooks, snaps** and/or **underwire**. Elastic waistbands and sports bras are good options!
- Do not wear any jewelry, leave all valuables at home!
- No perfumes, powders, lotions, colognes, and/or aftershaves. Deodorant is ok!

Following these instructions will ensure the most optimal conditions to acquire your images!



PET/CT Services of Florida is an ACR Accredited Facility

