

PET SCAN:

Patient Prep Sheet:

- No Food or drink 4-6 hours prior to the scan. (This includes coffee, gum, breath mints, cough drops, hard candy, etc.)
- You can drink only water up until your appointment. (Plain, unflavored water. No coffee, tea or soda.)
- No strenuous exercise 24 hours prior to your appointment. Traditional workplace or household activities are acceptable. If the patient is employed, there is no need to take day off prior to the exam, unless the work is extremely active (i.e., construction or manufacturing duties.)
- Patients should be well hydrated.
- Take all medication with unflavored water as prescribed unless directed not to by physician.
- Please wear warm, loose fitting comfortable clothing. Avoid wearing any metal which cannot be removed prior to scan such as underwire bra or pants or shirts with any snaps or zippers.
- If you need any pain or anxiety medication, please bring medication that has been prescribed by your physician with you to be taken at the time of your appointment. (The technologist cannot prescribe or administer this medication.)

Diabetic patients:

- Be sure to tell the technologist when you arrive that you are diabetic.
- Blood sugar needs to be below 200mg/dl at the time of the exam unless otherwise instructed (refer to specific site instructions if available)
- DO NOT put diabetic health at risk- preferred the injectable insulin be injected 4 hours prior to the exam***Do not want blood sugar too low.
- Oral diabetic medication taken as normal 4 hours prior to exam. If you need to take oral medication with food please refer to food instructions below.
- Insulin Pumps should remain on Basal/Nighttime setting while patient fasting.

Foods you may have the day before your scan:

- Any protein: Chicken, Fish, Beef, Eggs, Cheese, Nuts etc.
- Green Leafy Vegetables or salads, Lettuce, Broccoli, Asparagus, Spinach, Cucumbers, etc.

Foods to Avoid:

- Breads, Muffins, Cereals, Tortillas, Potatoes, Rice cakes, Fruits, Beets, Carrots, Corn, Kidney Beans, Peas, Yams, Pretzels, Chips, Rice m Pasta, Granola, Oatmeal, Soda, Fruit Juices, Alcohol, All Sugars, and Coffee.

Your dose is ordered specifically for you at your appointment time, please be prompt to your appointment. If you need to cancel your appointment please call at least 24 hours in advance. 913-667-5600

Procedure:

1. Procedure will take 1.5 to 2 hours.
2. They will then test your blood glucose and inject you with a radioactive sugar water through an IV.
3. You will then sit in a reclining chair for 45 minutes to 1 hour.
4. You will then be asked to void bladder. It helps image quality.
5. You will then be asked to lay on your back for 30 minutes passing back and forth through a donut looking machine while it takes images.
6. Drink lots of water after scan.