

Preparing for your PET/CT Scan

Please check in at The Regional Cancer Center's front desk

It is important that you check in at your designated appointment time and follow the instructions below or you may have to be rescheduled. You may be contacted prior to your appointment to go over additional information such as insurance, treatment history, or specific questions that we may have.

Test results take up to a week to be processed and analyzed.

- If your most recent bone scan or CT scan was NOT done at The Regional Cancer Center, you must obtain the radiology films for your appointment. If you do not have your films, please still come for your appointment. There will be a slight delay in your report being sent to your ordering physician until we can get your films.
- If you are a diabetic, your blood glucose levels will need to be under 200mg/dl for your exam. If this is not under control, please contact the PET imaging facility.
- If you feel feverish or have an infection that you are being treated for, please let us know prior to your appointment.
- If you are breast feeding or may be pregnant, please notify us prior to your exam.

The day before your PET/CT Scan:

- Limit your physical activity 24 hours prior to scan (no long walks, exercise, golfing, heavy lifting, etc).
- Avoid sugars in your diet as much as possible.
- Drink plenty of water the day before your exam.

The day of your PET/CT Scan:

- Plan to be with us for 2 hours.
- Do not eat or drink anything except plain water for 6 hours prior to your exam. This includes chewing gum, candy, cough drops, mints, vitamins and cough syrup. If you are a diabetic, fast for 4 hours.
- If you have an afternoon appointment, you may eat a light breakfast.
- Wear comfortable clothing, preferably bottoms with an elastic waistband, such as sweatpants. Do not wear clothing with metal snaps or zippers or wear jewelry.
- Patients with early morning appointments should not eat breakfast and can take medications with a few crackers if they must be taken with food. Please bring a written list of your current medications on the day of the exam.
- Do not take Lasix before your exam. Do not take Insulin 4 hours prior. Please call The RCC PET/CT Department at (814) 838-0491 to inform staff of your use of these medications.
- You will need a driver for your exam only if you will be taking a prescription medicine for anxiety or claustrophobia.
- You may wear your hearing aids, glasses and dentures to your appointment.

After your PET/CT Scan:

- Drink plenty of water to help flush the tracer out of your system.
- Resume regular diet and activity.
- Test results take up to a week to be processed and analyzed.

If you have any questions or concerns, please do not hesitate to contact us at (814) 838-0491.

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In affiliation with
UPMC Cancer Centers