

Preparing for your F-18 Sodium Fluoride PET Bone Scan

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

DATE/TIME: _____

It is important that you check in at the time listed above 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, and other specific questions that we may have.

- If we do contact you in advance you will be asked about any previous diagnostic imaging studies that you may have had done. You may be asked to bring copies of these reports and images with you to your appointment.
- If you are pregnant or nursing, please notify us prior to your exam.

The Day of Your F-18 Sodium Fluoride PET Bone Scan

- Hydrate well with fluids the day of your exam and drink two 8 ounce glasses of fluids within 1 hour before arriving for your exam
- Maintain your normal diet
- Take all medications except lasix (water pill)
- Plan to be with us for 2 hours. You may bring reading materials or portable listening device, TV will be provided for viewing.
- Wear comfortable clothing, preferably bottoms with an elastic waistband, such as sweatpants. Do not wear clothing with metal snaps or zippers or wear jewelry.
- 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.
- Test results take up to a week to be processed and analyzed.



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