

PET/CT Oncology Patient Preparation Form

Centra Health Alan B. Pearson Regional Cancer Center – 1701 Thomson Dr. Lynchburg, Va 24501
PET/CT Department – Second Floor

Appointment Date: _____ Appointment Time: _____ AM/PM

*Arrive 10-15 minutes prior to your scheduled appointment time to allow time for registration. *

***If you are claustrophobic and need medication to help get you through the PET scan, please contact your doctor's office prior to the appointment.**

The day before your scan:

- Eat a low carbohydrate/ high protein diet
- *(**Eat**-eggs, meats, cheese, vegetables **Avoid**- sugar, cereals, potatoes, bread and grains)
- Be well-hydrated. We recommend you drink 4 glasses of plain, clear and unflavored water.
- No strenuous exercise for 24hr before your exam (running, yoga, biking, weight lifting, etc.)

The day of your scan: Diabetic Patients

- Nothing to eat or drink for **4 hours prior to your exam**, except plain unflavored water – (no mints, gum, cough drops or candy)
 - You may only have clear, unflavored water without restriction before, during and after your exam.
 - Prior to your fasting period, eat a high protein / low carb meal (see “day before scan” section above).
 - Take your diabetic medications, with food if needed, no later than **4 hours prior to your exam**.
 - If you take additional medications you may take them **without** restriction the day of your scan.
 - Wearing warm and comfortable clothing, that is metal free, is highly preferred for your test.
 - Please bring your current medication list with you to your appointment.
- *Your blood sugar **MUST** be between **50-200 at the time of your appointment** to start the exam.

The day of your scan: Non-Diabetic Patients

- Nothing to eat for **4 hours prior to your appointment**, except plain unflavored water – (no mints, gum, cough drops or candy)
- You may only have clear, unflavored water without restriction before, during and after your exam.
- Prior to your fasting period eat a high protein/low carb meal (see “day before scan” list above)
- You may take medications as normal, except diabetic medications (see “The day of your scan: Diabetic Patients” instructions above).
- Wearing warm and comfortable clothing, that is metal free, is highly preferred for your test.
- Please bring your current medication list with you to your appointment.

Notice: The medication used for your exam is specific to you and is time sensitive. Please arrive on time to your appointment. If you cannot keep your appointment, please notify **(434)200-7530** at least 48 hours in advance to reschedule. Your appointment will last approximately 2 hours from check in.