



### **PET/CT GENERAL INSTRUCTIONS**

- NO FOOD OR DRINKS 6 HOURS PRIOR TO APPOINTMENT (**WATER OK**)
- INCREASE WATER INTAKE FOR 48 HOURS PRIOR TO EXAM. YOU NEED TO BE WELL HYDRATED.
- NO STRENUOUS EXERCISE, NO GUM CHEWING, NO SMOKING, NO CAFFEINE, NO ALCOHOL, NO NICOTINE FOR 24 HOURS PRIOR.
- AVOID COLD TEMPERATURES AND STAY WARM FOR 48 HOURS PRIOR.
- YOU MAY TAKE YOUR MEDICINE WITH WATER ONLY THE MORNING OF YOUR EXAM.(DO NOT TAKE DIABETIC MEDICINES.**PLEASE SEE DIABETIC INSTRUCTIONS**)
- DO NOT BRING CHILDREN WITH YOU TO YOUR APPOINTMENT. BE AWARE YOU SHOULD AVOID PREGNANT WOMEN AND SMALL CHILDREN FOR 6 HOURS AFTER YOUR EXAM.
- IF YOU ARE BEING SEDATED, PLEASE BE AWARE A DRIVER MUST COME IN AND SIGN AT REGISTRATION.
- PLEASE BE AWARE YOUR EXAM MAY TAKE UP TO 3 HOURS.
- PLEASE FOLLOW A LOW/CARB DIET FOR 24 HOURS PRIOR TO EXAM.
- **DO NOT EAT:** Cereals, breads, jams, jellies, peas, corn, potatoes, tortillas, fruits, juices, gravies, milk including non-dairy milk, pasta, sugar, candy, honey, alcohol, and rice.
- **FOODS ALLOWED:** All meats (proteins), tofu, hard cheeses, oil, butter, margarine, eggs, and non-starchy vegetables. (*Examples of non-starchy vegetables: Artichoke, sprouts, avocado, bamboo shoots, beans, bok Choy, broccoli, cabbage, cauliflower, celery, cucumber, egg plant, onions, greens, jicama, leeks, lettuce, mushrooms, okra, parsley, peppers, radishes, rhubarb, rutabaga, snow peas, spinach, squash, Swiss chard turnips, zucchini, watercress, water chestnuts*)

*If you have any questions, please call Lisa G.@ (209) 475-9871 ext 115.*