

## **Positron Emission Tomography/Computed Tomography (PET/CT) Preparation**

### **During scheduling and prior to your exam:**

Please notify our staff when scheduling your appointment AND when checking in for your appointment if any of the following apply to you:

- If there is any possibility that you are pregnant.
- If you are diabetic (we will need to coordinate medication and diet prior to exam).
- If you are claustrophobic.
- If you are allergic to contrast.
- If you need an interpreter to assist you with your native language.

### **How should I prepare for the procedure?**

- Wear something that is comfortable and easy to remove. For most scans you will be asked to change into a gown. Metal objects interfere with the image quality so avoid clothing with zippers or snaps.
- **Arrival time:** Please arrive one (1) hour before your scan.
- **Dietary Preparation:**
  - No food four (4) hours prior to PET/CT
  - No insulin while fasting.
  - Do not chew gum of any kind while fasting.
  - No sugar-containing drinks while fasting. Do not drink sodas, fruit juices, shakes of any kind; No iced tea, coffee or tea if they contain sugar. Patient may drink water.
- **Diabetic Patients:** Blood sugar levels should be under control before arrival for PET/CT scan. Please contact us to coordinate medication and diet prior to exam.
- **Length of Stay:** Please plan to stay a minimum of 2 hours.

### **It is important that you bring the following with you on the day of your appointment:**

- A copy of the prescription for your examination if it was given to you.
- A list of your current medications.
- Your insurance information.

### **What can I expect on the day of my appointment?**

When you arrive in our office, you will be asked to verify your identification and exam. Patient verification is an important part of your safety and you will be asked to verify your identification several times during your appointment. Our check-in staff will ask you to complete registration forms that will allow us to collect your medical history and any necessary insurance information. One of our technologists will then escort you to the changing area and review your medical history. You may be asked to remove hairpins, jewelry, eyeglasses, hearing aids, and any removable dental work, depending on the part of the body that is being scanned.

You will be given an injection of a radiotracer, which is the medication that allows us to see different body structures and function. After the injection, you will be required to rest comfortably for approximately 1 hour in order to allow the radiotracer to be distributed throughout your body. You will then be brought to the PET/CT room and positioned on a table for imaging. The imaging will take approximately 45 minutes. During this period, both CT and PET images will be obtained which will later be fused together to provide further detailed information.

Following the PET study, you will be slightly radioactive for the next 24 hours. The radioactivity will be gone after 24 hours. Once you leave the imaging center, you may resume normal activities. If you have any questions, please ask the technologist at the time of the examination.

***Our staff is available to address any questions or concerns that you might have before, during, or after your appointment. Please call (212) 746-6000 if you wish to speak with us.***