



Radiology Department

Dual PET/CT and CT Preparation Sheet

August 2019 Rev 05

Dual PET/CT and CT Scan Preparation Sheet

You are scheduled to have 2 different scans in the same day: a PET/CT scan and a Diagnostic CT scan.

24 hours prior to your scan:

- Keep a Low-carb, high protein diet. Nothing sweet and nothing starchy. NO bread, NO pasta, NO rice, NO potatoes, NO fruits and NO sugar.
- Eat proteins like meat, chicken, fish, etc. You can also eat vegetables, eggs, salads (use only oil and vinegar for dressing) and cheese.
- Drink plenty of water right up to your appointment time.
- Avoid **excessive** exercise the day before and the day of the scan.

6 hours prior to your scan:

- Do not eat or drink anything but water.
- Do not consume gum, candy, cough drops or mints.
- Continue to take all medications as normal, except for insulin.
- Diabetic patients must stop the use of insulin 6 hours prior to the exam. All other diabetes medication should be taken as prescribed.
- Bring any prescribed anxiety medication to the exam and let the technologist know.
- Wear comfortable, warm clothing with no metal. No zippers, snaps or metal buttons.
- Sports bra is recommended for the ladies. No under-wired bra, if possible. Remove all jewelry. No earrings, necklaces, watches or rings.

Instructions for drinking Barium will be given to you at the time of making your appointment but the following is a reminder of those instructions.

- 1. If, your Doctor ordered a CT of the abdomen only:**
 - a. Do not drink the Barium but bring the bottle with you. The technologist will have you drink it appropriately.**
- 2. If, your Doctor ordered a CT of the Pelvis only:**
 - a. Drink 1 bottle of Barium 1 hour before your appointment.**
 - b. Bring the second bottle with you and talk to the technologist**
- 3. If, your Doctor ordered a CT of the Abdomen and Pelvis combined:**
 - a. Drink First bottle of Barium 1 hour prior to your appointment**
 - b. Bring the second bottle with you and talk to the technologist.**



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Please call the Radiology Department and ask to speak with a technologist for any of the following:

- Patient weighs over 350 pounds.
- Patient is in a wheelchair or stretcher and cannot stand without support.
- Patient foresees being around pregnant women or small children during the 24-hour period after the scan.
- Patient is allergic to IODINE CONTRAST or has had any complications in previous CT scans.
- Patient is scheduled to wear a **“Glucose Monitoring Device”** or a **“Neulasta On-Body Injector”** at time of scan.

General Information:

- A **PET/CT scan** effectively looks at the metabolic activity of your cells. It can identify where cancer is, the extent of it and if it is responding to treatment.
- A **Diagnostic CT scan** will create very detailed and accurate images of the structures inside your body. It is commonly used to identify the size, shape and location of your organs and it can also be used to identify any site of trauma and tumors.
- You will receive an injection of a sugar-based radiopharmaceutical, which is completely safe and has no side effects. It takes 1 hour for the radiopharmaceutical to be absorbed in your body, so you will be relaxing in a quiet area during that time.
- It takes approximately 30 minutes for a PET/CT scan to be acquired and your Diagnostic CT scan will follow immediately after that. The entire process takes approximately 2 hours, so please plan accordingly.