	Radiology Department
Dual PET/CT and CT Preparation Sheet	March 2025 Rev 12

Dual PET/CT and CT Scan Preparation Sheet

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

24 hours before 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 green vegetables, eggs, salads (use only oil and vinegar for dressing), and cheese.
- Drink plenty of **plain water** right up to your appointment time.
- Avoid exercise the day before and the day of the scan to avoid muscle uptake.
- **Do Not smoke / vape or consume alcohol for 24 hours before the scan.**

6 hours before your scan:

- Do not eat or drink anything but **plain water**, No coffee.
- If you have an afternoon appointment, you may have a “light, High Protein/Low Carb” breakfast 6 hrs. prior to your scan time.
- Do not consume gum, candy, cough drops, or mints.
- Continue to take all medications as normal, except for insulin and oral diabetic medications.
- Diabetic patients must stop the use of insulin 6 hours prior to the exam.
All oral diabetic medications should be stopped the day of the exam and should not be taken until after the exam is completed.
- Insulin pumps need to be turned off 6 hrs. prior to injection time.
- 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 when you make 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 one 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 the First bottle of Barium 1 hour before 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:

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

General Information:

- A **PET/CT scan** effectively looks at the metabolic activity of your cells. It can identify where the cancer is, its extent, 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 entirely safe and has no side effects. It takes 1 hour for the radiopharmaceutical to be absorbed in your body so that you will relax in a quiet area.
- 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 about 2 hours, so please plan accordingly.