

PATIENT PREP FOR PET SCAN

- No food or drink within 4-6 hours prior to the scan – **This includes coffee, gum, breath mints, cough drops, hard candy, etc.**
- You can, and are encouraged to, drink water (plain/unflavored) up until your appointment as you should be well hydrated – **No coffee, tea, soda or alcohol.**
- No strenuous exercise 24 hours prior to your appointment. If you are employed, there is no need to take the day off prior to the exam, unless the work is extremely active (i.e. construction, manufacturing, etc.). *Traditional workplace or household activities are acceptable.*
- Take all medications, except diabetic or steroid medications (see below for diabetic instructions) with water (plain/unflavored) as prescribed unless directed otherwise by a physician.
- Wear warm, loose fitting, comfortable clothing. Avoid wearing any metal which cannot be removed prior to the scan such as an underwire bra or pants and/or shirts with snaps and/or zippers.
- If you need pain or anxiety medication, it must be **prescribed by a physician** and **brought with you** as it needs to be reviewed and taken when instructed by the technologist.
The technologist cannot prescribe or administer this medication.

DIETARY RESTRICTIONS

- The day prior to the exam you should follow a high protein diet and avoid carbohydrates and sugars.
- **Suggested foods (proteins):** Chicken, fish, beef, eggs, cheese, nuts, etc.
- **Foods to avoid:** Breads, muffins, cereals, tortillas, potatoes, rice cakes, fruit, beets, carrots, corn, kidney beans, peas, yams, pretzels, chips, rice pasta, granola, oatmeal, soda, juice, alcohol, sweets, and coffee.

DIABETIC PATIENTS

- Be sure to tell the technologist when you arrive that you are diabetic.
- Your blood sugar needs to be **below 200 mg/dL** at the time of the exam unless otherwise instructed.
Refer to specific site instructions if available.
- It is preferable that injectable insulin be injected four (4) hours prior to the exam as **blood sugar should not be too low.**
- Oral diabetic medication can be taken as usual if it is four (4) hours prior to exam.
If your medication requires to be taken with food, please refer to the dietary restrictions above.
- Insulin pumps should remain on Basal/Nighttime setting during your fasting period.

If you find you are unable to keep your appointment, it is important to contact DMS Health as soon as possible at (800) 333-0365. Because your appointment includes a corresponding pharmacy injection, ordered specifically for you, it is important for DMS to cancel this dose with the pharmacy in advance. To avoid any possible fees which may incur, cancellations should be made before 10PM the night before your appointment.

PET SCAN EXAM

- Your blood glucose will be tested when you arrive, and you will receive an injection through an IV.
- You will have a 45 minute to an hour wait time after the injection, during which time you will remain seated within the truck or facility.
- After your wait time, you will be asked to void your bladder as an empty bladder helps the image quality.
- During the imaging portion of your study, you will be asked to lay on your back for 30 minutes as you pass back and forth through the an open scanner.
- The study in its entirety will take 1.5 to 2 hours.

The day prior to the exam, you will receive a call from DMS HEALTH TECHNOLOGIES, the imaging/third-party company, to go over your exam prep and verify your appointment.

The call will come from an 800 number and may show up as spam.

Please make sure your voicemail is set up and is not full.