

Preparation is key in obtaining an optimal PET-CT Scan.
Failure to follow guidelines may affect the quality and accuracy of your examination.

If you have any questions, please call (907) 212-2879.

What is a PET-CT scan?

A Positron Emission Tomography (PET) scan is a simple way to image the function of your body's cells by using a radioactive glucose. The radioactive glucose is created and flown up daily from Seattle specifically for your exam. If the flight is delayed, there may be delays to your exam.

24 hours prior to your exam (the day before)

- **Confirm your appointment by 10:00 a.m. the day before your exam.** If we are unable to confirm your appointment, your appointment may be cancelled.
- Do not exercise. This includes running, biking, weight lifting, housework, snow removal, etc.
- Follow a high protein, low carb, no sugar diet (see guidelines to the right).
- Drink plenty of plain, unflavored water.
- Refrain from all smoking and nicotine products (i.e. cigarettes, cigars, vapes, e-cigs, etc.)

Day of exam

- **Up to 5 hours before exam** – You may eat a protein breakfast consisting of the PET diet (omelet, eggs, piece of ham, bacon, and/or sausage) with water – **No milk, juice, or coffee.** No other food until after your exam.
- Drink plenty of plain, unflavored water.
- **Diabetic Patients:** Take oral medications at least 4 hours prior to your exam. Subcutaneous insulin should be taken no later than 4 hours prior to your exam. Please notify the scheduler if you are diabetic or have questions.
- Wear warm, loose fitting clothing free from metal. Sweats and T-shirts are ideal. Leave any jewelry, hair pins, watches, etc. at home.
- Take medications as scheduled prior to exam. You may also bring pain medications with you.
- We can provide a low dose Xanax to help you relax, however **you must have a driver available to drive you after your exam.** Please notify the scheduler if you are highly anxious or claustrophobic.
- Your exam will last approximately 2-3 hours.
- Please do not bring children or pregnant women with you to your appointment.

After your exam

- Your exam will be read by our Radiologist and results forwarded to your physician within 24-48 hours.
- You may eat, drink, and resume your normal activities.
- We recommend minimizing contact with pregnant women and children for 6-8 hours after your exam.

Dietary Guidelines

Questions regarding dietary guidelines can be answered at (907) 212-2879.

Allowed

- All unbreaded meat and seafood
- Eggs, cheese, unsweetened peanut butter, plain nuts (not honey roasted)
- Non-starchy vegetables – broccoli, asparagus, spinach, green beans, cauliflower, zucchini, lettuce, mushrooms, bell peppers, celery
- Butter, margarine, mayonnaise, vinegar, oil

Not Allowed

- Breads, pastries, cereal, pasta, muffins, granola
- Potatoes, rice, pizza, pretzels, chips, tortillas
- All fruits (including tomatoes), fruit juices, jam, jellies, honey
- Desserts, ice cream, yogurt, cakes, cookies, candy
- Starchy vegetables: corn, lima beans, soy beans, peas, yams, carrots
- Coffee, tea, soft drinks, alcohol, energy/sports drinks, tonic/flavored waters
- Milk, soy/almond milk, protein shakes, Glucerna®, Boost®, Ensure®, Carnation™ Instant Breakfast drinks
- Dressings, gravies, marinades, sauces
- Gum, cough syrup/drops, breath mints