



## PET INFORMATION SHEET

5330 South Highway 95  
Fort Mohave, AZ 86426  
[928-788-2273](tel:928-788-2273)

Please follow the listed instructions below. This will improve the quality of your PET scan results.

### \*\*\*\*\* 24 HOURS PRIOR TO YOU EXAM \*\*\*\*\*

**EAT:** You must eat only high protein/low carbohydrate foods such as:

<u>Proteins</u>	<u>Vegetables</u>	<u>Desserts</u>	<u>Drinks</u>
Beef, Chicken, Fish	Broccoli	Peanut butter	
Water	Asparagus	Hard Cheeses	
Eggs, Bacon	Cauliflower, Zucchini		
Black Coffee	Spinach, Mushrooms		
Tuna			
Unsweetened Tea			

**DON'T EAT:** You must stay away from the following foods:

ALL sugar(s) and any prepared foods that contains sugar, crackers, cakes, cookies, pasta, potatoes, rice, corn, carrots, beets, ALL fruits, fruit juices, soft drinks and artificial sweeteners.

**WATER:** You may drink as much PLAIN water that you wish (No vitamin fortified or flavored water).

**EXERCISE:** No strenuous exercises including jogging, weightlifting, vacuuming and heavy working.

### \*\*\*\* 4 HOURS PRIOR TO YOUR EXAM \*\*\*\*

**No eating or drinking within 4 hours prior to your exam, EXCEPT for water.**

**MEDICATIONS:** Take all medications that have been prescribed by your physicians.

**CLOTHIING:** Dress comfortably; no metal, zippers, buttons or underwire bras.

**ARRIVAL:** Please check in 30 minutes before your exam time with your photo ID and insurance card.

**DIABETIC PATIENTS:** Your blood sugar results must be between 50 and 199; over 20 cannot be performed.

Type I: If scheduled time is before 11 am, you must fast and not take insulin medications.

If scheduled time is after 11 am, eat a low carb meal and take half of your insulin medications at least 4 hours prior to the exam and bring the other half of the insulin medication with you to take after the scan is completed.

Type II: If scheduled time is before 11 am, you must fast and not take oral medications.

If scheduled time is after 11 am, eat a low carb meal and take your oral medications 4-6 hours prior to exam.

**WHAT TO EXPECT:** After registering, the PET technologist will insert a small IV line into your arm. A small amount of FDG (a form of glucose) will be injected through the IV line. This is painless. You will rest quietly (no reading, you may sleep) for 30-60 minutes to allow the FDG to distribute into your body. The scan takes approximately 30 to 60 minutes.

**AFTER YOUR SCAN:** You can leave immediately. Your activity will not be restricted. You may drive, if you wish, resume your diet and exercise, and take all prescribed medications. As an extra precaution, avoid getting close to an infant or anyone that is pregnant for 8 hours immediately following your scan. Your PET scan images will be reviewed by a radiologist, who will compile a report. The report will then be sent to the ordering physician.