

# Hudson Valley Hematology-Oncology Associates

## Preparation for your PET/CT Scan

(Suite number 454-1942)

In order to perform a PET/CT Scan a small radioactive tracer is used to visualize suspected areas of the body. This Radiotracer comes from a Pharmacy located in Albany NY. This Radiotracer is ordered in conjunction with your appointment. If you need to cancel your appointment the PET/CT Suite requires notice by 4:00pm one day prior to your scheduled appointment to cancel your Radiotracer Dose to avoid any charges to the patient.

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### Day before your exam

- Drink 6–8 glasses of water, to ensure hydration.
  - No strenuous exercise for **24hrs** prior to the PET/CT scan.
  - **No Carbohydrates** (anything containing **Sugar**) **24hrs** prior to your scheduled appointment
  - Diabetic patients will be given later appointments to facilitate their insulin schedule.
  - Patients taking oral anti-hyperglycemic agents, taking insulin, or other patients concerned about their blood sugar levels should inform the staff when they are called to confirm appointment.
  - Please let us know if you might be pregnant or are currently breast feeding
  - Please do not bring children or pregnant women with you (due to the radioactive material that will be injected). If you are breast feeding you should pump and dump for 20hrs after PET/CT Scan
  - **Canceling an Appointment:** Patient must speak to Pet/CT Suite Staff no later then 4:30pm the day prior to your scheduled appointment or a \$200.00 charge will be incurred to the patient for the wasted Radioactive Dose.
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### Diet 24hrs Prior to your exam

- **Diet**—please adhere to the high protein/low carb diet shown below. The high protein diet will help improve the quality of your PET scan.

Main course	Vegetables	Dessert	Drink
beef	broccoli	natural peanut butter	black coffee
fish	asparagus	cheese	unsweet tea
chicken	cauliflower	natural cottage cheese	water
eggs & bacon	zucchini		
tuna	spinach		
	mushrooms		

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### The day of your exam

- You must not eat or drink (**sips of water is ok**) for at least 4 hours prior to your PET scan.
  - Please wear comfortable clothing sports bra, and no zippers or snaps, no Jewelry
  - No chewing gum, Candy, vitamins, etc...
  - Elevated blood sugar levels **> 200 mg/dl** will make it necessary to reschedule the PET/CT exam.
  - Take all prescribed medications on the day of your exam, with the exception of the **Insulin**. Insulin should not be taken **4hrs prior to your appointment.**
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### Arriving for your exam

- Please allow at least 2 hours for your exam.

#### Special instructions:

1. If there is a possibility of **pregnancy**, please inform our staff prior to your appointment.
2. If you are an insulin dependent diabetic, please inform our staff prior to your appointment.