CADENCE
HEALTH®

PET/CT SCAN INSTRUCTIONS

24 HOURS PRIOR TO TEST:

- No strenuous exercise. No alcohol, nicotine, caffeine, coffee or tea.
- You may eat a normal diet until 5:00 pm.

AFTER 5:00 PM THE DAY BEFORE YOUR TEST:

- Avoid foods with sugar & carbohydrates such as bread, potatoes, corn, pasta, noodles, cereal and rice.
- Avoid fruit, yogurt, fruit juices and soda.
- You may eat meat, fish, cheese, eggs & vegetables.
- Examples of foods you can eat: Cheeseburger (no bun) and a salad, chicken and broccoli, fish and asparagus, eggs and bacon.
- Butter and non-sugar condiments are allowed.
- Drinking plenty of unflavored water is important for your test.

THE DAY OF YOUR TEST:

- No food for six hours before your test.
- No cough drops, hard candy or gum, including sugarless.
- Drink unflavored water.
- Take your medication if it does not require food to be taken with it.

For patients with afternoon appointments, a morning meal of low carbohydrates foods such as eggs, vegetables and meat may be eaten as long as you are finished before your fasting time.

DIABETICS ARE NOT TO TAKE INSULIN FOR 4 HOURS PRIOR TO THE TEST AND NEED TO FAST FOR 4 HOURS.

A blood sugar level will be tested before the exam; the exam cannot be performed if your blood sugar level is elevated.

WHAT TO EXPECT:

The test will take 2 ½ to 3 hours to complete, this includes uptake and scan time.

A small amount of a radioactive form of glucose will be injected through a small IV started by the technologist.

After the injection, you will rest for 1 hour while the injection circulates through your body.

For your scan, you will lie on a table that passes slowly through the scanner. The scanner is quiet and should not cause too much discomfort.

Please dress in warm clothing without metal if possible.

Bring copies of any previous scans (CT, MRI or PET/CT) that were not done at a Cadence Health facility.

The PET/CT is located in the Cancer Center at 4405 Weaver Parkway, Warrenville IL

Please call 630.352.5500 if you have any questions.
TTY for the hearing impaired 630.933.4833.

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