

ZILKHA RADIOLOGY

369 East Main Street; Suite 18; East Islip, NY 11730-2800
1161 Montauk Highway; West Islip, NY 11795-4930

Tele (631) 277-1600
Tele (631) 669-1717

Fax (631) 277-1638
Fax (631) 669-2227

Preparation for the PET Scan

What is a PET Scan?

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

You will be sitting in a recliner in a small comfortable room. A technologist will insert an intravenous (IV) catheter into a vein in your hand or arm and the dose of radiotracer is then injected. intravenously. Typically, it will take approximately 60 minutes for the radiotracer to travel through your body and to be absorbed by the organ or tissue being studied. You will be asked to rest quietly, avoiding movement and talking.

You will then be moved into the PET/CT scanner and the imaging will begin. You will need to remain still during imaging. The CT exam will be done first, followed by the PET scan. Imaging is 30-45, Please allow 2-3 hours for the entire encounter.

Instructions:

- You will need to pick up 2 bottles of Barium in our office at least one day before your exam. Directions for the Barium will be given to you at our office.
- Please drink plenty of water 2 days before your appointment.
- No smoking (nicotine products) 24 hours prior to your appointment
- Avoid strenuous exercise for 48 hours prior to your appointment. (ex. Jogging, weightlifting)

*The Day(s) before the PET Scan – you need to adhere to a high protein, low carbohydrate diet (especially Diabetics):

- Please **avoid** - caffeine, alcohol, juice, soda, fruit, sugar, candy, grains, cereal, potatoes, pasta, bread, and rice.
- You **can** have any – meat, seafood, vegetable, cheese, seasonings, dressings, nuts, milk and egg.

*The Day of the PET Scan:

- Please have nothing to eat (**fast**) 5 hours prior to your appointment. No gum or candy. **Water is encouraged.**
- **Medications** – take all medications prescribed by your doctor. If it is necessary to take your medication with food, take it with a small portion of the foods from the approved list above prior to beginning your fast.
- Drink the **Barium** the day of your test. (**First bottle at** _____ **Second bottle at** _____).
If you experience stomach discomfort, you can take Imodium AD with plenty of water.
- **Clothing** – wear clothing without metal.