Below are some instructions that may be helpful for your upcoming PET/MR exam. Please note that these instructions may vary depending on the site, and you will be contacted 24-72 hours in advance of your exam to provide you with more information and instructions. During this phone call, you will also be screened for implants and limited medical history, and you will be asked similar questions again once you arrive at the department. Please make sure to provide any previous imaging records, implant records, and pertinent medical records when you arrive for your exam.

If you have had any recent nuclear medicine exams in the last 24 hours, please let us know. Have you ever had an MRI or PET exam before? If you answer yes, please note that this exam is going to seem more like an MRI of the body, and similar to other MRIs, there will be coils or thin padding that are cameras covering all the areas we will be imaging. Depending on the area(s) being imaged, the coils/padding may also vary.

If you have claustrophobia, please let us know. If you require medication for your MRI due to claustrophobia, please call your referring physician and ask them for medication. You will need a companion to take you home if you take any medication.

Do you have any implants or foreign metal objects? If you have any of the following, please notify us before your exam. It is possible that you cannot have the PET/MR procedure:
- Cardiac Pacemaker
- Cerebral Aneurysm Clips
- Cochlear Implants
- Implanted Insulin or Chemotherapy Pumps
- Implanted Neuro-Stimulator Devices
- Pregnancy
- Other Prosthetic Devices
- Metal Fragments in Eye

If you are pregnant or think you may be pregnant, please let us know. Are you diabetic? If you answer yes, please answer the following questions:
- What is your typical blood sugar?
- Are you insulin-dependent?
- Metformin or analogue dependent?
- Time of day when taken, i.e., breakfast or bedtime?

Please refrain from all food and liquids by mouth, except for additive-free water (plain water), for 6 hours before your arrival time.

On the day of your exam, please arrive 30 minutes before your appointment time. You will be provided with several forms to register, screen, obtain medical history, prepare, and inform you of your exam. The MR Technologist will escort you to a separate waiting room where you will see a nurse who will begin the screening and medical history procedure. Your height and weight will be obtained.

When the screening process has been completed, all PET/MRI patients are asked to change into a gown that has no metal and is provided by the department. We offer lockers to secure all of your belongings. You will then be escorted to the injection room for the injection of the radiopharmaceutical required for your exam.

Approximately 40 minutes following the injection, the licensed PET technologist will escort you first to the bathroom to clear your bladder, then to the MRI scan room to begin your exam. Some exams may not require circulation or uptake time. Instead, you may be injected while lying on the scanner table during the acquisition of the PET/MR exam. You will be asked to lie on a padded table. It is important that you lie very still while the images are being taken; MRI is sensitive to motion. An MRI Technologist will be right outside the exam room and will be able to see and hear you the entire time. If you are uncomfortable or have an emergency, just squeeze the emergency squeeze ball that will be provided to you during your exam.

During the exam process, the MR scanner makes a very loud, repetitive noise. Earplugs and/or approved headphones are provided for you to minimize the sound. The PET portion of your exam may be acquired simultaneously with the MRI sequences throughout the entire exam or separately while you are still on the scanner table. The PET portion of the exam is silent, while the MRI portion makes noise.

The scan time varies based on the exam that is ordered. You will be provided information regarding what you have been injected with and how long it will take to decay or leave your body. Please follow the instructions provided by your licensed Nuclear medicine technologist/ PET/MR technologist/ Nuclear medicine physician and/or nurse.