


# Preparing for a PET/CT Scan

## How to prepare for your scan

- **Food/Drink: Do not eat or drink for 4 hours before your appointment time.** No drinks of any kind (no water, coffee, tea, etc.), no gum or candy.
- **Exercise: No strenuous exercise for 24 hours before your scan.** It may affect the results. Talk with your doctor for more information.
- **Medications:** If you need to take medications, take them with a small sip of **plain water. Do not use flavored water.** There are some medications you should not take before this scan such as steroids, including steroid inhalers, and insulin. 
- **Diabetes:** If you have diabetes, DO NOT take insulin for 4 hours before your appointment. Your blood sugar will be checked when you arrive. If your blood sugar is determined to be too high, your scan may be rescheduled. Contact your physician that prescribed your diabetes medication(s) for specific instructions.

If you do not follow these instructions, your PET/CT scan will be canceled!

## What to expect

- **You MUST be on time for your PET/CT Scan.** If you have conflicts with your bloodwork time and PET/CT scan injection time, please contact the nuclear medicine department.
- You may spend 90 minutes to 3 hours at the imaging center. The actual scanning time is anywhere from 20 to 60 minutes. The time can vary depending on the number of areas being scanned. It may take up to 60 minutes for the radiotracer (injection) to move through your body, which is part of the reason why your appointment takes longer than the scan itself.