



## **PET SCAN PREP – NON-DIABETIC PATIENTS**

Please **arrive 30 minutes prior** to the exam.

No vigorous exercise for 24 hours prior to your PET Scan.

No caffeine for 24 hours prior to your PET Scan.

It is recommended you follow a high protein, low carbohydrate diet for 24 hours prior to your test to improve the quality of your PET Scan images.

No food or drink 4 to 6 hours prior to your appointment (including gum, mints, cough drops, or anything that may contain sugar). You may have as much plain water as you wish to drink up to the time of your test (no flavored water, coffee or tea).

**Take medications as scheduled prior to your appointment, as long as they are tolerated on an empty stomach.**

The day of your test, please wear comfortable clothing **NO METAL**, without snaps, zippers or buttons.

If you take pain or anxiety medication, you may take these one hour prior to your test.

Please allow 2 to 3 hours for your exam. You must be able to lay still and mostly flat for 30 to 45 minutes.

You should avoid contact with children post-PET scan for 6-8 hours.

**PLEASE BRING PREVIOUS CD'S ON ANY CT'S, MRI'S, ULTRASOUNDS OR PET SCANS DONE AT ANY FACILITY OTHER THAN A JUPITER MEDICAL CENTER FACILITY, AS WELL AS PATHOLOGY REPORTS.**

**CALL 561-263-3380 IF YOU HAVE ANY QUESTIONS.**