

If you must cancel your appointment, please contact us no later than 3:00 p.m. on the day prior to your exam to prevent being charged for the radioactive glucose tracer. The injection compound is delivered on the day of your exam and must be discarded if it is not used.

If you have a coinsurance payment, the entire amount will be collected on the day of the exam.

The accuracy of the PET/CT scan depends heavily on adhering to the following instructions:

- Please check-in 15 minutes prior to your appointment time. The first part of the exam requires an injection. The injection compound is very time sensitive and it is important for you to arrive on time in order to ensure a more accurate scan. Immediately following is a 60-minute uptake period. No reading or talking is allowed while in uptake. You may bring your own CD player or I-pod. Most PET/CT exams take an average of 15-30 minutes of imaging time on the scanner. **Your total visit will take approx. 1.5 hours.**
- Nothing to eat or drink (except water) at least six hours prior to your exam. Water and medications may be taken within 6 hours of the test.
- Wear comfortable clothing without metal zippers or clasps (i.e.; sweatpants, sweatshirts, t-shirts).
- Drink 24 oz of tap or plain bottled water 1 hour prior to your appointment time.
- If any of your medications must be taken with food, ask your doctor whether you should skip your morning dose, take it later in the day, or take it without food on the day of your exam.
- If you are on fluid restrictions, please contact our office the day before your appointment.
- If you are diabetic, you may have a light high-protein breakfast (no sweets, sugar, or caffeine) six hours prior to your appointment time, along with your regular dose of diabetic drug (Insulin, Glucophage, etc.). If you are a very brittle diabetic, or have problems with hypoglycemia, please call the office for special instructions.
- Do not perform any vigorous physical activity for at least 24 hours prior to your exam.
- The PET/CT scanner is similar in shape and size to a CT scanner. If you are extremely claustrophobic or tend to have difficulty remaining still, consult your doctor about the advisability of taking a tranquilizer before coming to the facility. If you do require sedation, please arrange to have someone drive you to and from the facility.

Be sure to bring the following with you on the day of your appointment:

- Current insurance card(s)
- Copies of films and reports from previous CT, MRI or PET studies (you may have these delivered to our center prior to your appointment), unless your previous studies were done at our facility or John Muir Health System. These studies are needed for comparison and interpretation purposes.

If you have any questions, please contact our office at (925) 826-1900.