# **Preparing for Your PET Scan Experience**

A PET scan is one of the most powerful and effective imaging procedures to revolutionize modern medicine. As advanced as PET technology has become, there are a few things you can do to help make sure the you get the most out of your PET scan. Please take a moment to review the guidelines below, and as always, call us with any questions or concerns. We look forward to seeing you! If you are diabetic or have any special needs, please contact our office for assistance.

### WHAT CAN I EAT OR DRINK?

It is very important that you do not have any food or drink (except water) for 4 hours prior to your appointment, as this may severely degrade the PET images. If possible, try to avoid caffeine or strenuous exercise for 24 hours as well. Please take your normal medications as prescribed, but only with water.

## WHAT SHOULD I BRING?

Any prior Radiology tests, paperwork or other medical history can be of great help to our Radiologists when reading your PET scan. Our doctors will review this information and incorporate it into your PET scan report. These items will usually be returned to you before you leave our facility. Try to leave any metallic accessories at home (such as jewelry), as they can interfere with PET images.

## WHAT SHOULD I EXPECT?

Our PET scanner is the fastest and most accurate in the region, so expect to rest comfortably under warm blankets for only about 10-12 minutes while the PET scanner quietly does its work. Expect to spend about 1½ hours total in our Center, which includes completing some paperwork, resting in a comfy recliner after a small injection and then the PET scan itself.

### WHAT HAPPENS NEXT?

Once your PET scan is complete, you can eat! You will immediately receive a small snack pack to enjoy. Many patients request a copy of their PET scan on CD, and we are happy to quickly provide this for you. Once you leave our facility, you may resume your normal daily activities.

To learn more about your procedure and our Centers, please visit us at https://www.petimagingflorida.com/patients/

