

Your PET scan appointment is scheduled for _____ (day) the _____ (date) of _____ (month). Please arrive at _____ (time). **You should expect to spend approximately three (3) hours with us.**

On the day of your appointment, avoid eating anything for at least six (6) hours prior to your scan (this includes sugar-free gum, mints, candy, and all beverages **EXCEPT PLAIN WATER**). Your last meal prior to fasting; should be a high protein meal (eggs, red meat, chicken, and fish. Avoid sugar and starchy food such as pasta, bread and potatoes). We encourage you to drink 16 to 32 oz. of plain water prior to your appointment. No strenuous exercise the day before or the day of your appointment. Please wear warm comfortable clothing (metal free) that allows IV access.

Patients that are diabetic should refrain from taking their diabetic medications for four (4) hours prior to their appointment. We would like your blood sugar under 200 mg/dL. One of our Technologists will be calling you a few days prior to your appointment to discuss your insulin requirements.

When you arrive, you will be asked to finalize some paperwork. Please bring your insurance information with you. Also, if you have CT or MRI exams that were performed outside of Billings, please bring a copy of those exams with you. Then a technologist will escort you to a patient prep room where we will explain the exam to you; obtain some additional medical history from you, start an IV, and check your blood glucose (sugar) level. Next the technologist will inject a trace amount of radioactive glucose (FDG), which will distribute through out your body. You will not experience any side affects from this injection. After the injection you will need to rest quietly for 60 to 90 minutes. Prior to the scan you will be given the opportunity to use the restroom. When it is time to start your scan, you will be placed comfortably on the scan table. It is very important that you remain still through out the scan. The scan takes approximately 30-40 minutes. After your scan is complete, you will be instructed to drink plenty of fluids for the remainder of the day.

The results from your PET scan will be reported to your referring physician within 1-2 business days. Please contact your physician to discuss your PET scan results.

We routinely do not use sedation to perform PET scans. If you feel sedation is necessary, please contact you referring physician for a prescription of oral medication. **If sedation is used; then you will need to arrange to have someone provide transportation after the scan.**

Cancellations: If you need to cancel your appointment; it is imperative that you call us at least 24 hours prior to your appointment time. Each dose of FDG is created to be administered at the time of your scheduled appointment. The FDG deteriorates rapidly and is very expensive.

You will be contacted by one of our Nuclear Medicine Technologist a few days prior to your appointment. However, if you have any questions, please call the Billings Clinic Nuclear Medicine Department at 406.237.1300.

Thank You