

# Preparing For Your PET/CT

Your doctor has ordered  
a PET/CT scan for reasons  
that are important to  
your health.



Generally, patients do not find a PET/CT scan to be an uncomfortable or difficult experience. But to ensure that your exam provides the accurate answers you need, it's important to follow these simple preparations:

- **Drink plenty of water** the day before your exam up until your appointment time.
- **Do not perform any heavy lifting or exercise** the day before or the day of your exam.
- **Do not eat or drink anything except water** starting at least six hours before your exam. This includes chewing gum or hard candy. Eating or drinking could affect your blood sugar level and the accuracy of your results. If you are diabetic, please notify our staff so that we may provide special instructions to you as necessary.
- **If you need pain medication or relaxants to help you stay still during your exam**, please let us know when you schedule your appointment, and bring the medication with you.
- **Wear comfortable clothing for your appointment**, with no metal snaps, buttons or buckles.
- **Arrive 30 minutes before your scheduled appointment.** This will give you ample time to complete a medical history form. If your doctor requested oral contrast for your exam, arriving early will give you enough time to drink it.
- **Thoroughly answer the questions** we will ask about any medical history that may be relevant to your exam. Also, be sure to tell us about prior imaging exams, such as MRIs or CT scans. Your medical history and past exam images may help us interpret your PET/CT.

## Any questions?

We are always pleased to answer questions about exam preparation.

Call **609.921.8211** to speak with an associate.



609.921.8211 | [www.PrincetonRadiology.com](http://www.PrincetonRadiology.com)  
Freehold | Marlboro | Mercerville | Monroe | Princeton

**PET/CT is available in MONROE and FREEHOLD**