

ROCKLEDGE MRI & PET CENTER

1910 ROCKLEDGE BLVD, STE # 102, ROCKLEDGE, FL 32955
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PET SCAN PATIENT INSTRUCTIONS

DUE TO THE EXPENSIVE AND INDIVIDUAL NATURE OF THE TRACER USED, CANCELLATIONS MUST BE MADE BY 4:00 PM THE DAY BEFORE THE EXAM OR A FEE OF \$400.00 WILL BE CHARGED TO YOU.

****IF WE CAN NOT GET IN TOUCH WITH YOU AND SPEAK TO YOU VERBALLY TO CONFIRM YOUR APPOINTMENT, YOUR APPOINTMENT WILL BE CANCELED!!**

PREPARING FOR THE PET/CT SCAN:

PLEASE PROVIDE ALL PRIOR IMAGES AND REPORTS FROM ALL PRIOR IMAGING RELATED TO THIS DIAGNOSIS (THIS IS VERY IMPORTANT FOR ANY COMPARISONS TO BE DONE.) IF THESE ARE NOT RECEIVED PRIOR TO IMAGING WE MAY NOT BE ABLE TO PROCEED WITH IMAGING.

EXPECT TO SPEND APPROXIMATELY **TWO HOURS** AT THE CLINIC
PLEASE BRING YOUR INSURANCE CARDS AND A VALID PHOTO ID TO YOUR APPT
24 HOURS PRIOR TO YOUR SCHEDULED APPT FOLLOW THE INSTRUCTIONS LISTED BELOW FOR A HIGH PROTEIN/NO CARBOHYDRATES DIET: **THIS IS PERTINENT AS CARBS, SUGARS, CAFFEINE AND NICOTINE COULD PROVIDE INACCURATE RESULTS.**

STARTING 24 HOURS PRIOR TO YOUR PET/CT SCAN THESE ARE THE ALLOWABLE FOODS:

<u>MAIN COURSE</u>	<u>VEGETABLES</u>	<u>DESSERT</u>	<u>DRINKS</u>
BEEF	BROCCOLI	PEANUT BUTTER	WATER
FISH	ASPARAGUS	HARD CHEESES	DIET SODA
CHICKEN	CAULIFLOWER	COTTAGE CHEESE	
EGGS/BACON	ZUCCHINI	NUTS	
PORK	SPINACH		
TOFU	MUSHROOMS		
TUNA	PEPPERS		
	GREEN BEANS		

FOODS NOT ALLOWED:

NO CEREALS
NO PASTA
NO DRY BEANS
NO FRUIT OR FRUIT JUICES
NO SUGAR, HONEY, DESERTS, OR CANDY
NO STARCHY VEGETABLES, SUCH AS PEAS, CARROTS, CORN, POTATOES
NO ALCOHOL
NO NUTRITIONAL SHAKES OR SMOOTHIES
NO BREADS
NO RICE
NO GRAVIES
NO JAMS OR JELLIES
NO MILK OR YOGURT NO COFFEE NO TEA (NOTHING WITH CAFFEINE)
NO MINTS OR GUM
NO SMOKING!!!!

24 HOURS BEFORE THE EXAM:

DRINK 32-64 OUNCES OF WATER (THROUGHOUT THE DAY)
DO NOT DO ANY STRENUOUS ACTIVITY OR DEEP-TISSUE MASSAGE

8 HOURS BEFORE YOUR APPOINTMENT

**DO NOT EAT ANYTHING, (MUST BE FASTING) DRINK ONLY WATER
CONTINUE TO TAKE MEDICATIONS AS PRESCRIBED**

*****IF YOU ARE DIABETIC, PLEASE CONSULT YOUR DOCTOR FOR QUESTIONS
REGARDING DIET AND MEDICATION. CAREFULLY, MONITOR AND CONTROL YOUR
BLOOD SUGAR THE 48 HOURS BEFORE THE SCAN. IF YOUR BLOOD SUGAR IS TOO HIGH
AT THE TIME OF YOU APPOINTMENT, YOU MAY BE ASKED TO RESCHEDULE******

DURING YOUR STUDY

UPON ARRIVAL THE TECHNOLOGIST WILL EXPLAIN YOUR PROCEDURE AND ASK ANY
QUESTIONS THAT YOU MAY HAVE.

YOU WILL RECEIVE AN INTRAVENOUS INJECTION (IN YOUR VEIN) OF A TRACER DOSE
OF RADIOACTIVE MATERIAL. THERE ARE NO SIDE EFFECTS OR SYMPTOMS, AND IT IS
NOT CONTRAST. THE LEVEL OF RADIOACTIVITY IS EXTREMELY LOW.

USING A SPECIAL NUCLEAR MEDICINE SCANNER, PICTURES OF YOUR BODY WILL BE
OBTAINED. THE SCANNER DOES NOT PRODUCE ANY RADIATION. (IT SIMPLY DETECTS
AND RECORDS THE DISTRIBUTION OF THE RADIOACTIVE MATERIAL IN YOUR BODY.

**YOU MUST WEAR LOOSE FITTING, COMFORTABLE CLOTHING. MUST CONTAIN NO
ZIPPERS, OR METAL BUTTONS. NO JEWELRY, HAIR PINS, NO UNDERGARMENTS THAT
CONTAIN HOOKS OR ANY METAL OF ANY SORT. (THE IDEAL OUTFIT WOULD BE
SOMETHING WARM SUCH AS SWEATPANTS, OR ANY OTHER ELASTIC PANTS,
PULLOVER SHIRT, SWEATSHIRT, SOCKS, AND SPORTS BRA.**

AFTER YOUR EXAM:

THERE ARE NO POST-EXAM INSTRUCTIONS, OTHER THAN TO DRINK LOTS OF FLUID (IT
DOES NOT HAVE TO BE WATER)

YOUR STUDY WILL BE REVIEWED BY A RADIOLOGIST AND THE RESULTS WILL BE SENT TO YOUR
ORDERING PHYSICIAN TYPICALLY, WITHIN 24-48 HOURS AFTER YOUR EXAM. YOUR PHYSICIAN WILL
DISCUSS THESE RESULTS WITH YOU AND EXPLAIN WHAT THEY MEAN IN RELATION TO YOUR HEALTH.

SIGNATURE

PRINT

DATE
