



## PET INSTRUCTION SHEET

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Scan Time: \_\_\_\_\_

Facility: \_\_\_\_\_ Fayetteville: 3232 N. North Hills Blvd. Fayetteville, AR 72703  
\_\_\_\_\_ Rogers: 808 S. 52nd St. Rogers, AR 72758  
\_\_\_\_\_ Springdale: 3901 Parkway Circle, Springdale, AR 72762  
\_\_\_\_\_ Mountain Home: 639 Hospital Drive, Mountain Home, AR 72653

**PET-Nothing to eat or drink (including gum, nicotine gum, breath mint, candy, cough medicine, and cough drops) starting 6 hours before your exam:\_\_\_\_\_am/pm**

**MRI-NO pain/nicotine PATCHES or FreeStyle libre. They will be removed before scan and will NOT be reattached. DO NOT WEAR. Little to no jewelry preferred.**

### **Please follow these instructions:**

- Do not eat or drink anything more than water for 6 hours before your exam because it could interfere with the results; do not even chew gum, nicotine gum, have a cough drop, or breath mint. - IF you have anything by mouth 6 hours prior to scan besides water, we will have to cancel your exam which will then delay your treatment plan. We will have to reschedule the exam.
- NO strenuous activity for 24hrs prior to scan
- If you have a feeding tube, do not do any tube feedings six hours prior to your appointment.
- If possible, dress in warm comfortable clothing. Avoid items such as jewelry, zippers, metal snaps, under-wire bras, etc. These items will need to be removed prior to your scan.
- If you have been advised not to take your medications on an empty stomach, bring your medications with you to your appointment.
- If you are diabetic, please let us know ahead of time so we can work with your physician to determine the safest possible way for you to prepare for your exam. Your blood sugar must be under 200 mg/dL to proceed with the PET scan. If it is above 200 mg/dL, we may have to reschedule. DO NOT take insulin or diabetes medication(this includes Metformin) six hours before your appointment time. If you are unable to keep your blood sugar under 200 mg/dL, please call the Imaging Schedulers.
- Drink plenty of fluids after your scan to help flush the radiopharmaceutical out of your body.
- Avoid anyone under the age of 18 and pregnant women up to 18 hours after the scan.
- Your PET/CT scan can take about an hour and a half to two hours to complete.

**In addition, please let us know if you might be pregnant or are currently breast feeding. If you are breast feeding, previously pumped and stored mothers milk or formula should be substituted for breast feeding for 12 to 24 hours after scan.**

**If for any reason you are unable to keep your appointment or have any questions about the test please call our office. Imaging Scheduling Dept: 479-695-4242 (Fayetteville) 479-249-9029 (Rogers) 870-813-0585 (Mountain Home)**