You are scheduled for a PET exam on ___________________________ at ___________________________.

What is PET?
Positron Emission Tomography (PET) is a technique for creating pictures of the body. A PET exam is performed by a technologist who is trained in the use of PET equipment. All of our technologists are certified. Before the test begins, the technologist will explain the test to you.

Preparing for the test.
By reviewing this preparation checklist and following the instructions, you can help make your experience pleasant and efficient.

☐ You should have nothing to eat starting 4 hour before the test. This restriction includes food, chewing gum, mints, lifesavers, and any beverages with the exception of plain tap water.
☐ If possible, please drink 2 – 3 glasses of plain tap water during the 4 hours before your test.
☐ If you are diabetic and take oral medications, you may take them normally with a small amount of tap water. If you take insulin, you can take long-acting insulin but should not take short-acting “regular” insulin for at least 4 hours before the test.
☐ Other medications may be taken normally with plain tap water, but inform the technologist of any medications you take before the test.
☐ Be prepared to spend approximately 3 hours in the PET Imaging Center for completion of your scan.
☐ If you are claustrophobic and take medication to control anxiety, please tell your nurse.

How is the test performed?
The technologist will give you an injection of the PET imaging agent in a prep room. The agent will have to circulate for 60 - 90 minutes before the scan is started. Once injected, you will remain in the prep room until it is time for the scan and the technologist will make you as comfortable as possible.

The technologist will help you lie down and get comfortable on the scanning table. You will be moved smoothly inside the scanner on a motorized tabletop. An audio system makes it possible for you to talk to the technologist during the exam. The technologist can see and hear you at all times.

During the exam it is important that you lay perfectly still since even slight movement can make the images blurry. You will not feel anything unusual or painful during the exam.

After the Test
You may resume your normal activities and diet after the test.