



ADLER INSTITUTE FOR ADVANCED IMAGING

PET/CT Patient Prep Information

261 Old York Road, Suite 106 ♦ Jenkintown, Pa 19046 ♦ 215-935-0030

Instructions for _____ Appt _____ at _____

- ✓ **Please call our office before 10 a.m. the day before your appointment at 215-935-0030.**
This is required so that we can order your special medication for your scan. If we do not speak with you we will not be able to perform your scan. If your appointment is on a Monday please call us on the previous Friday.
- ✓ **Please arrive 15- 30 min prior to your appointment time.**
- ✓ **If you have any questions about these instructions, please call the office at the number above.**

1. How to prep before you come

- No strenuous exercise for 24 hours before you arrive.
- Dress warmly with clothes that preferably do not have any metal or zippers. Leave valuables and jewelry at home.
- Please bring your Photo ID and all of your Insurance Cards with you.

2. Food and Drink

- **No food or drink EXCEPT WATER for 4 hours before you arrive.** This includes coffee, tea, soda, gum, hard candy and tobacco.
- **Drink 3 glasses of water at home before you arrive,** unless this is against medical advice.
- **Eat a high protein/ low carb diet the day before your scan**
 - Foods to eat:
 - Main course- beef, chicken, eggs, bacon, fish, tuna
 - Vegetables- broccoli, asparagus, cauliflower, zucchini, spinach, mushrooms
 - Dessert- peanut butter, cheese, cottage cheese
 - Drinks- black coffee, unsweetened tea, water
- **Avoid carbohydrates and sugars the day before and the day of your scan**
 - Foods to **avoid**:
 - Main course- potatoes, rice, breads, crackers, pasta
 - Vegetables- corn, carrots, beets
 - Dessert- candy, cakes
 - Drinks- soda, fruit juices, sugar in coffee and tea
 - Fruits- avoid all

3. Medications

- **Take all of your morning medications with plenty of water at home before you arrive.**
- **If you have been prescribed pain or anxiety meds, please bring your pain meds and anxiety meds with you.**
- **If you have diabetes, please read below:**
 - **Insulin dependent-**
 - ◆ Take ½ of your morning insulin dose.
 - ◆ Please bring your insulin dose with you to your appointment.
 - ◆ You may only eat hard boiled eggs the morning of your appointment.
 - If you have an egg allergy or do not like eggs, you may eat protein only like chicken, meat etc.
 - **Oral diabetic medications-**
 - ◆ Do not take your oral diabetic medication before your scan. Please bring your medication with you to your appointment.
 - **Diabetics who are able to check their glucose level at home-**
 - ◆ If your reading is less than 60 or over 300 call the office. If the front office staff is not available press #9 to connect to Dr. Adler for further instructions.

4. What to expect while you are here

- You will have a small IV placed, and an extremely small amount of a special form of sugar will be given through your IV, you will not feel any different.
- You will watch TV in a comfortable room for about 90 min followed by a 30 min scan on a machine that is similar to a CT scanner.
- Plan to be here for about 3 hours total.

5. Visitors

- You may bring one visitor with you into the private patient room.
- Pregnant women are not allowed in the private patient room.
- Children under the age of 18 must wait in the waiting room with a guardian.