



PATIENT PREPARATION INSTRUCTIONS

We want to provide you and your doctor with highest quality PET scan possible! In order to do so, YOU **MUST** FOLLOW THESE INSTRUCTIONS!

1. If you are **diabetic**, please contact our office to discuss the right preparation for you. If you have an early morning appointment, it is important that you **do not take diabetic medication** after midnight or before your appointment.
2. You may take other prescribed medications on the day of your appointment unless otherwise instructed by your doctor. In particular, if you routinely take medication for pain or anxiety, please bring the medication with you to your appointment.
3. You **must not eat anything** for six (6) hours before your appointment. Do not have any chewing gum, breath mints, cough drops, cough syrup or coffee or tea. Nothing!
4. We do, however, want you to **drink plenty of water** before your appointment. Three (3) large glasses or more! Make sure this is **plain** water and not flavored water such as Vitamin Water, Propel, etc.
5. Refrain from strenuous exercise for 24 hours prior to your scan.
6. Wear comfortable clothing without snaps, zippers or metal under-wires. (We do have gowns if this is not possible)
7. If you might be pregnant or are breast feeding, please contact us for special instructions.
8. Please do not bring children or pregnant women with you to your appointment due to the risk of exposing them to radiation.
9. If you have had a PET scan at a facility other than Northern California PET Imaging Center, please try to bring a copy of it with you.

We look forward to meeting you and making you as comfortable as possible during your upcoming scan. Feel free to bring in your favorite music on CD and we will play it for you.

IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT, PLEASE NOTIFY OUR OFFICE AS SOON AS POSSIBLE.

(916) 737-3211 or toll free (888) 738-3211