



**A.M. PREP**

**MRI/PET-CT/CT Scheduling:** (907) 261-3146  
**MRI/PET-CT/CT Registration:** (907) 261-3156  
**MRI/PET-CT/CT Facsimile:** (907) 261-5803  
**Nurse:** (907) 261-3607  
**File Room (for reports/films):** (907) 261-3144  
**Bonita:** (907) 261-2879

(Please give File Room 24 hours notice to secure films)  
**Providence Imaging Center PET-CT Preparation**

**What Is PET-CT**

Positron-Emission Tomography (PET) uses injection of a radioisotope -- FDG (F-18-Fluorodeoxyglucose) -- to study changes in body tissues. It is most useful when correlated with the findings of a Computerized Tomography (CT) scan.

**Past Films Needed**

It is important that Providence Imaging Center receives previous PET, CT and MRI films and reports from other facilities on or before your PET-CT scan appointment. If you have not had a CT in the last six weeks, your doctor may ask you to obtain a diagnostic CT with your PET-CT scan.

**Appointment Confirmation**

The radioisotope is created in Seattle and arrives in Anchorage on the first morning flight. *Your appointment must be confirmed before Noon the day prior to your scan, (907) 261-3146.* Your call confirms the radioisotope order. If we do not talk to you, your appointment will be cancelled. Weather conditions may delay delivery of the isotope and appointment times may need to be changed. **If you fail to arrive for a confirmed appointment, you may be charged for the isotope.**

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_  
*Call to pre-register up to one week before your PET-CT scan, (907) 261-3156.*

**Preparing For Your PET-CT**

Preparation is the key to obtaining an optimal scan. Please call (907) 261-3146 if you have any questions.

**Two Days prior to scan**

**Diet** - Begin a high protein, low carbohydrate diet. Foods such as eggs, bacon, beef, chicken and fish are suggested. Green vegetables are OK. Avoid sugars, sweets and starches. (No pasta, breads, starchy vegetables, desserts, or sugary drinks like soda.) Diet soda is OK ... Water is better! **Non-sugary dairy is OK** (milk, cheese, cottage cheese). **Nuts are acceptable** and the butter that comes from them, example: peanut butter, almond butter. Tofu is also allowed.

**One Day prior to scan**

**Diet** - Drink lots of water, at least 48 oz. Continue high protein diet until bedtime. **Do not eat or drink anything except water after midnight.** No caffeine or nicotine products 12 hours prior to your appointment.

**Activity** - Avoid strenuous activity. **No workouts, heavy work, housework, yard work, snow removal** (exercise may cause muscle uptake of the isotope, reducing the quality of the scan).

**Scan Day**

**Diet/Water** - Continue to drink water, but **do not eat food or drink other beverages.** Do not smoke or chew tobacco. Take any regular medications with water.

**Clothing** - Wear comfortable clothes **without metal zippers, hooks or snaps.** Workout apparel, such as a sweat suit, is suggested. Bras with hook closures will need to be removed (we suggest a sports bra without hooks).

You will be given a medication called Xanax to help you relax soon after you arrive. Once you receive the isotope you must lie still for about an hour. You may not move around or talk to anyone. You may bring a sleep mask or earphones with soothing music if it will help you to relax.

**Please arrange for a driver to take you home. You will not be allowed to drive after your PET-CT scan.**