

*Getting ready for your PET/CT exam*

University Imaging at Science Park

You've been scheduled to undergo testing at our PET/CT Center.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**If you find it necessary to cancel or reschedule your appointment, we request at least 24-hours notification. The Radiopharmaceutical we use for your test is ordered and purchased prior to testing, specifically for you and cannot be returned, saved or used on another patient.**

**Please follow these special instructions:**

- Please arrive 15 minutes before your appointed time and bring your insurance card with you.
- If you had any imaging studies done at other institutions (PET/CT/MRI), please bring those images with you or call and have them send us the films or a CD. We do not need studies from Strong, Highland Hospital or University Medical Imaging
- During the cold months, please bundle up and keep warm. Heat your car prior to leaving home. The cold can affect the quality of your exam.
- **Do not** eat or drink for 6 hours before your test; However, we would like you to drink 2 glasses (16oz) of water before arriving for your test.
- **Please call us as soon as possible if you are Diabetic, pregnant or nursing, or if you take medications for Diabetes.**
- **All other medications may be taken with water. If you must take your medication with food, please call us for instructions.**
- **Maintain a low-carbohydrate diet** starting the day before your test. Limit the amount of pasta, breads, potatoes, cereals, rice, deserts, candy and sugar.
- **Avoid strenuous activity and do not exercise** for 12 hours before your test, including yard and/or housework.
- Please **no caffeine or tobacco** in any form for 24 hours before the test.
- If you are **claustrophobic**, please obtain a light sedative from your Doctor. If a sedative is used, you will need to arrange transportation to and from the Center.
- Wear comfortable shoes and clothing, no jewelry or metal.
- Please leave all valuables at home.
- If you require Oxygen, please bring your portable device with you. If you do not have portable oxygen, please call us.
- Relax and know that you will be cared for by licensed and highly trained professionals who care about your well being.
- If you have any questions ask your doctor or give us a call.

***See Map On Reverse***

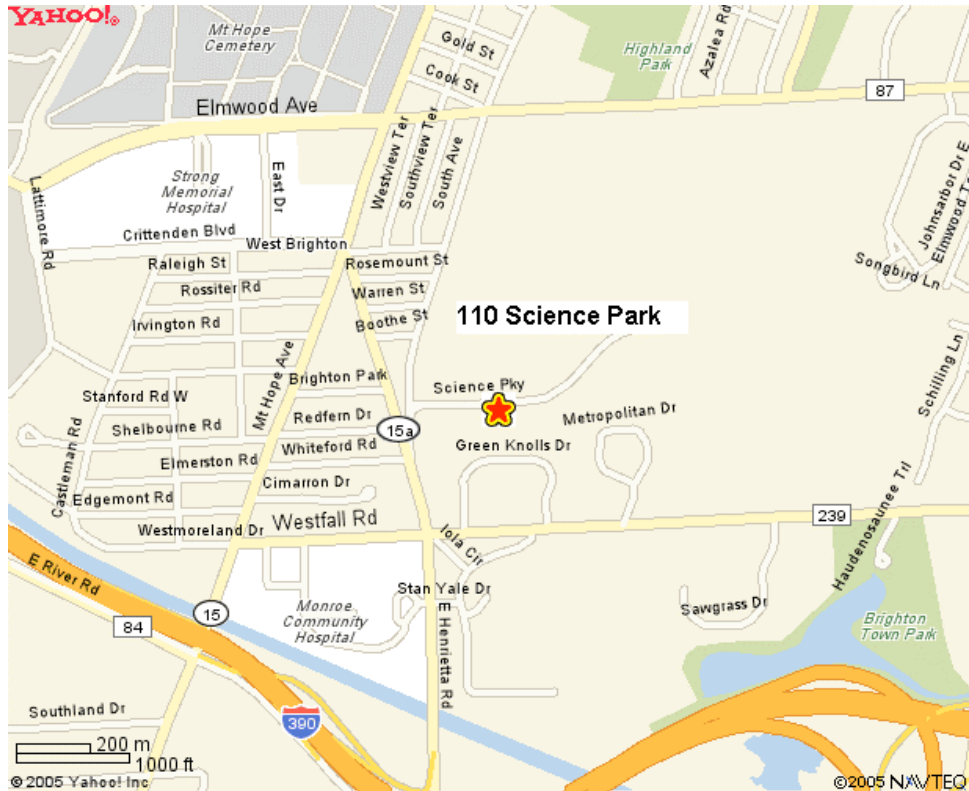
Outpatient CT and PET/CT

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website: <http://www.urmc.rochester.edu/PETCT>

*University Imaging at Science Park PET/CT Center is on Science Parkway, approximately one block north of Westfall Road off South Avenue between Elmwood Ave and East Henrietta Rd.*



### **At the PET/CT Center**

We regard your comfort and convenience as highly as the quality of service we provide. Our staff will greet you when you arrive and provide you with the personal attention needed to make your stay comfortable and pleasant.

After reviewing your medical history, you'll be asked to drink approximately 24 ounces of a flavored oral contrast (barium) solution. An IV will be inserted. You will then meet our technologist and receive a radiopharmaceutical injection for the PET portion of the test.

You will then relax in a recliner chair for approximately 60 minutes to allow uptake of the radiopharmaceutical. The scan itself takes approximately 20 minutes.

You may leave shortly after the scan is complete. Unless you've received special instructions you can eat and drink immediately after. **Increasing your fluid intake soon after the exam will assist in removing any residual radiopharmaceutical in your system.** There is no reason to avoid interacting with others. However, we advise that you wait 8 hours before getting too close to an infant or anyone who is pregnant.

Results will be sent to your ordering physician.

The entire process—from arrival to discharge—takes approximately two hours.

***Consult your physician with additional questions or concerns.***