



PET/CT

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department at Mankato Clinic, Wickersham  
1421 Premier Dr, Mankato, MN 56001  
Please enter the Door marked #13

**Please check in at Diagnostic Imaging.**

The Mankato Clinic is requiring masking only for patients over the age of 2 that are feeling ill. If you are unable to keep your appointment or have questions, please call (507) 389-8570.

**What is a PET/CT:**

PET/CT combines the functional information from a Positron Emission Tomography (PET) exam with anatomical information from a Computed Tomography (CT) exam in one single exam. A PET/CT detects the changes in the cellular function of your cells, while taking cross sectional images of your body. Together these provide an anatomic detail of the metabolic changes in your body. Your PET/CT results may have a significant impact on your diagnosis and the course of treatment selected by your physician.

**How do I prepare for the test:**

- Before scheduling your test, please tell your provider if you are:
  - Breastfeeding, pregnant or think you may be pregnant.
  - Diabetic – Your provider will instruct you about taking your diabetic medications. Please see below regarding specific prep instructions.
  - Have had or are scheduled for a CT scan, Nuclear Medicine scan or Fluoroscopic study within 48 hours prior to the PET/CT.
- We recommend that you contact your insurance company prior to your appointment to understand what your insurance coverage is for this test.
- **Day of the test:**
  - Do not eat or drink anything **EXCEPT** water 6 hours prior to the exam. This includes: NO coffee, nicotine, chewing gum, or hard candies.
  - You may have a high-protein and low-carbohydrate meal six hours PRIOR to your arrival time. Please **AVOID** breads, pasta, cereals, grains, fruit, candy and other high carbohydrate/sugar foods.
  - Please drink 32 oz. of water 1-2 hours prior to your exam.
  - Please take morning medications with water only. You may eat a few soda crackers if you have been advised not to take your medications on an empty stomach.
  - Avoid strenuous physical activity for 24 hours prior to exam (heavy lifting, vigorous exercise, etc).

**DIABETIC PATIENTS**

- **Please bring your Diabetic medications along with you to your appointment.**
- The goal is to have you arrive with a stable blood sugar level below 180 mg/dl.
- A minimum of 4 hours prior to your PET/CT injection, please eat a light, low carbohydrate meal. Nothing to eat after this meal.
- Please drink 32 oz. of water 1-2 hours prior to your exam.
- **NON-INSULIN DEPENDENT** - Take your Glucophage or other oral diabetic medication as usual.
- **INSULIN DEPENDENT** - You may take your insulin injection with your light, low carbohydrate meal.

\*\*The above protocol should **not** be considered a substitute in any way for consultation with your health care provider. The information is provided as a general guideline and may not be applicable to each diabetic patient undergoing a PET/CT scan. If you have any questions or concerns regarding this diet with your diabetes, please contact your primary care provider to discuss.

**What will happen during the test:**

- The technologist will start an intravenous (IV) line in your arm or hand. You will receive an injection of radioactive material.
- After your injection, you will be asked to wait in our injection suite for one hour while the radiopharmaceutical distributes.
- Once the radiopharmaceutical distributes, you will be asked to lie on your back on the imaging table. You must lie still during the images.
- The PET/CT scan should last between 20 and 45 minutes. The length of the exam may vary depending on a variety of factors. Please plan to spend two to three hours with us.

**Instructions for after your test:**

- Unless you've received special instructions, you will be able to eat and drink immediately following your exam.
- Drinking lots of fluids soon after the exam will help remove any of the radiopharmaceutical that may still be in your system. The radiopharmaceuticals used in PET/CT lose their radioactivity very quickly, so there's no reason to avoid interacting with other people once you've left. To be extra safe, wait for a few hours before getting too close to an infant or anyone who is pregnant.
- Your exam will be reviewed and read by a Radiologist within the next 24 hours.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter or phone within five to seven business days. If not, you may contact your provider's office five to seven business days after your test to obtain results.