



1221 South Broadway  
Lexington, KY 40504  
Radiology Scheduling: 859-258-4444  
PET/CT Department: 859-258-4468

## **PET-CT Prep/Instructions**

*\*Camera weight limit is 400 pounds*

\* Patients must **arrive at least 30 minutes early**

\*Patients cannot have oral barium contrast studies within 48 hours of PET imaging.

\*Avoid wearing metal (i.e., zippers/jewelry/belts) day of exam.

### **PET-CT Tumor Skull base to mid-thigh/PET-CT Tumor Whole body**

*(For all tumors/masses evaluation) (Whole body is only for Melanoma)*

#### **Patient instructions:**

1. No food or drink 6 hrs. before scan, past midnight for AM patients (except must drink 32 ounces of plain water day of scan).
2. Eat a Low-carb, High-protein diet 24 hours prior to exam.
3. If diabetic, take diabetes pills day of scan. Eat a low-carb meal 4 hrs. prior to exam time. Do not take any insulin day of exam.
4. No caffeine day of test.
5. No strenuous exercise 24 hrs. before exam.
6. Drink 32 ounces of plain water day before and day of scan.

#### **High-protein foods TO EAT:**

- Meat
- Eggs
- Cheese
- Green vegetables
- Beans
- Nuts

#### **Carbohydrate Foods to AVOID:**

- Sugar
- Sweet foods or beverages
- Rice
- Breads
- Pastas
- Desserts
- Chewing Gum
- Fruit



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### **PET-CT PSMA Scans**

*(For prostate cancer only)*

#### **Patient instructions:**

1. No food or drink for 2 hrs. before scan
2. Drink 32 ounces of plain water day before and day of scan.
3. Plan to be here for 3 hours for exam.

### **PET-CT Dotatate Scan**

*(For neuroendocrine masses/tumors evaluation only)*

#### **Patient instructions:**

1. No food or drink 2 hrs. before scan (except must drink water, 32 ounces day of scan)
2. Drink 32 ounces of plain water day before and day of scan.
3. Patient must hold Somatostatin analog medications:
  - i. Long-acting: hold for 3 wks.
  - ii. Short-acting: hold for 24 hrs.

### **PET-CT CERIANNA Scans**

*(For ER+ breast cancer only)*

#### **Patient instructions:**

1. No food or drink for 2 hrs. before scan
2. Drink 32 ounces of plain water day before and day of scan.
3. Patient should not be on ER modulators or ER down-regulator medications:
  - i. ER down-regulators (e.g., fulvestrant): off for 28 wks.
  - ii. ER modulators (e.g., tamoxifen): off for 8 wks.