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## PET Scan Test Information

**What is a PET scan?** A PET (Positron Emission Tomography) scan is a state-of-the-art diagnostic test that looks at metabolic activity inside the body. Your doctor uses this information to help diagnose and manage your disease.

### How to prepare for a PET scan?

- Please be on time for your appointment; the materials used for the scan will not work if there is a delay.
- You should not have any food for at least 6 hours before your appointment. Keep well hydrated. You may drink water but no other type of liquid. Please do not chew gum.
- You may take your medications.
- Avoid strenuous exercise/activity for 24 hours before the scan.
- Do not smoke for at least 6 hours before the scan.
- If you have diabetes, you need to regulate your blood sugar (glucose) as closely as possible.
- Dress in warm, comfortable clothes. Avoid clothes with metal in them such as metal buttons or under-wires. Do not wear jewelry.
- Discuss with your doctor if you are claustrophobic or have problems lying still during the scan. Your doctor may order medication to help you relax during the procedure.
- Bring medicines for pain, anxiety or claustrophobia if you are already taking them.
- Plan to have someone take you home if you will be taking medications that may cause impairment of your ability to get around on your own. Please do not bring children or pregnant women with you.

**Description of the Test: (Important: You should *not* have this test if you are or may be pregnant or if you are breast feeding.)** You will be given an intravenous radiotracer and will be asked to rest in a dark room for about one hour. You will then lie flat on an examination table during the scan for about 45 minutes. In general, it will take a total of 2 hours to complete the entire test.

### Is there anything to bring for a PET scan?

- Please bring any recent PET scan, CT scan or MRI scan results if applicable.
- Please bring medications you need to take before the time you get back home.

**When will I receive the results of the PET scan?** Written results will be available after a few days. Your doctor will discuss the results with you. Please call 562-590-0345 at least 24 hours in advance to cancel or reschedule your appointment. If we do not know about a change in your schedule, we may not be able to do the test and we will have to discard valuable materials reserved for you.