



STOCKTON HEMATOLOGY ONCOLOGY MEDICAL GROUP, INC.

PET/CT GENERAL INSTRUCTIONS

- NO FOOD OR DRINKS 6 HOURS PRIOR TO APPOINTMENT (WATER OK)
- INCREASE WATER INTAKE FOR 48 HOURS PRIOR TO EXAM. YOU NEED TO BE WELL HYDRATED.
- NO STRENUOUS EXERCISE, NO GUM CHEWING, NO SMOKING, NO CAFFINE, NO ALCOHOL, NO NICOTINE FOR 24 HOURS PRIOR.
- AVOID COLD TEMPERATURES AND STAY WARM FOR 48 HOURS PRIOR
- YOU MAY TAKE YOUR MEDICINE WITH WATER ONLY, THE MORNING OF YOUR EXAM. **(DO NOT TAKE DIABETIC MEDICINES. PLEASE SEE DIABETIC INSTRUCTIONS)**
- DO NOT BRING CHILDREN WITH YOU TO YOUR APPOINTMENT. BE AWARE YOU SHOULD AVOID PREGNANT AND SMALL CHILDREN FOR 6 HOURS AFTER YOUR EXAM.
- PLEASE BE AWARE YOU EXAM MAY TAKE UP TO 3 HOURS TO COMPLETE, FROM START TO FINISH.
- PLEASE FOLLOW A LOW/CARB DIET FOR 24 HOURS PRIOR TO EXAM.
- **DO NOT EAT:** Cereals, breads, jams, jellies, peas, corn, potatoes, tortillas, fruits, juices, gravies, milk including non-dairy milk, pasta sugar, candy, honey, alcohol, and rice.
- **FOODS ALLOWED:** All meats (proteins), tofu, hard cheeses, oil, butter, margarine, eggs, and non-starchy vegetables.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL VERONICA AT 209-466-2626.