



STOCKTON HEMATOLOGY ONCOLOGY MEDICAL GROUP, INC.
2626 N. California Street, Suite H, Stockton CA 95204

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 (2 or under) FOR 6 HOURS AFTER YOUR EXAM.
- PLEASE BE AWARE YOU EXAM MAY TAKE UP TO **2 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.

Examples of non starchy vegetables: artichoke, sprouts, avocado, bamboo shoots, beans, bok choy, broccoli cabbage, cauliflower, celery, cucumber, eggplant, onions, all greens, jicama, leeks, lettuce, mushrooms, okra, parsley, peppers, radish, rhubarb, rutabaga, snow peas, spinach, swiss chard, turnips, zucchini, watercress, water chestnuts

- Please wear **loose comfortable clothing** with no metal attached, this includes no underwire
- **We request 24 hour notice for any cancellations or rescheduling**

IF YOU HAVE ANY QUESTIONS, PLEASE CALL **VERONICA** or **HANNA** at **209-292-8542** or 209-466-2626.