



300 Ashville Avenue, Ste 180 | Cary, NC 27518



For turn-by-turn directions, visit our Website, [wakerad.com](http://wakerad.com) and choose **Locations** or call our office at 919-854-2190.



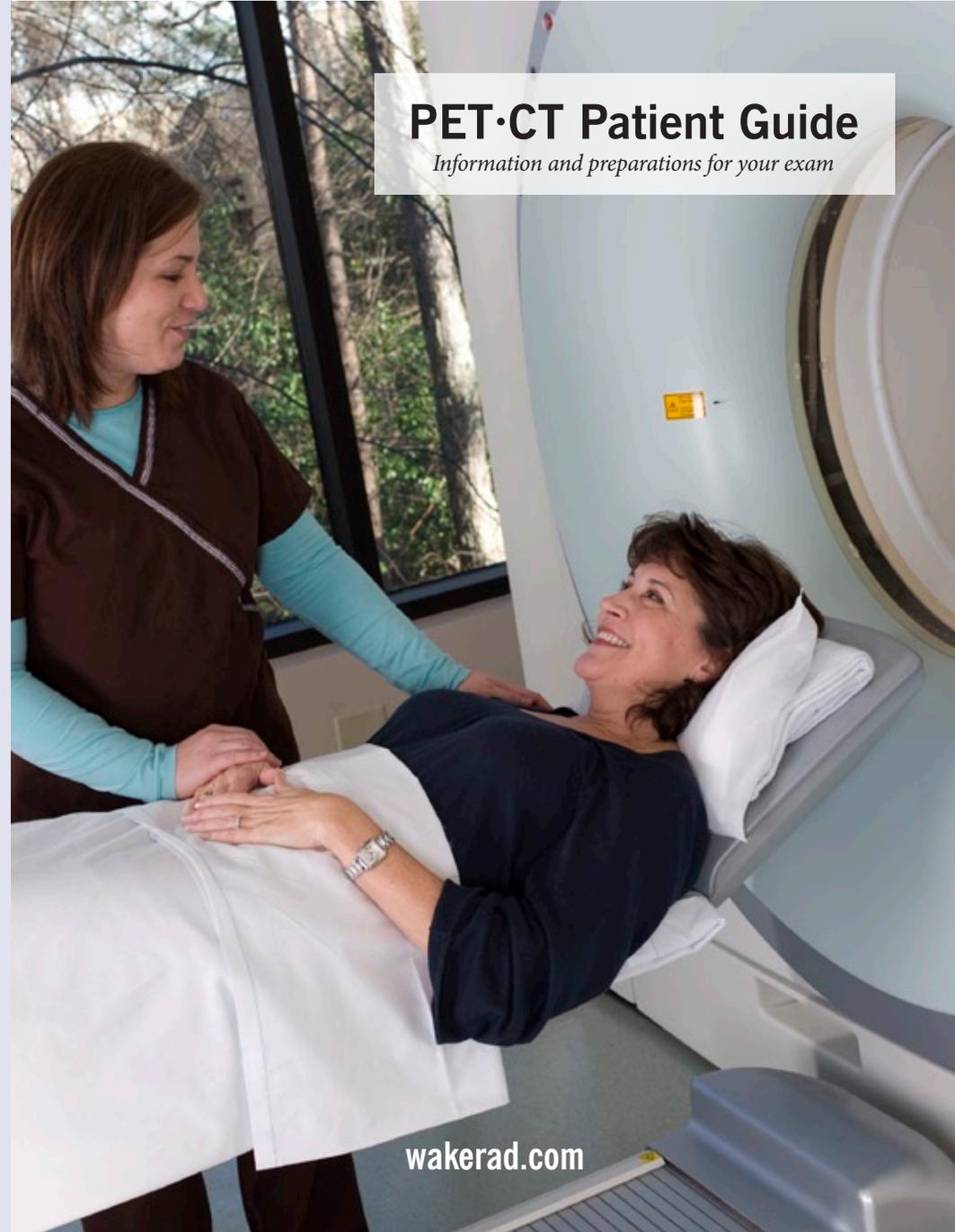
**WAKE RADIOLOGY PET-CT Services** | 300 Ashville Avenue, Ste 180 | Cary, NC 27518  
WR Express Scheduling: 919-232-4700

*Wake Radiology proudly provides imaging services for WakeMed Health & Hospitals.*

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# WAKE RADIOLOGY



## PET-CT Patient Guide

*Information and preparations for your exam*

[wakerad.com](http://wakerad.com)

## Please read these instructions concerning your PET·CT scan.

Appointment Date	Arrival Time	Exam Location
		300 Ashville Ave, Ste 180 Cary, NC 27518

### Rescheduling or cancelling your PET·CT

*If you're unable to make your PET·CT appointment, please contact our office at 919-854-2190 by 4:00 pm the day before your exam, so we can cancel the dose that has been ordered specifically for you.*

## How do I prepare for my PET·CT scan?

- Do not have anything by mouth other than water and medications 6 hours before your test. This includes gum, mints, sodas, etc.
- It is important to drink 3 to 4 eight-ounce glasses of water before the exam. Void as often as needed. This can be done over the course of a couple of hours if desired.
- No strenuous exercise for 24 hours before the exam (going to the gym, jogging, aerobics, weight-lifting, etc.).
- ***Please be on time and check in at the arrival time given to you.*** Your dose has been ordered in advance and is formulated specifically for you based on your scheduled appointment time.
- Diabetic patients should take medications as prescribed to ensure their blood sugar is below 200 mg/dl. ***The test cannot be performed if your blood sugar is above 200 mg/dl.*** If you are insulin dependent, please do not take insulin within 2 hours of your appointment time. You may take insulin as needed after the scan is completed. Oral diabetic medications may be taken prior to the scan.
- Wear comfortable warm clothing to the appointment that does not contain metal, if possible (zippers, snaps, etc.). Otherwise, a gown or scrubs will be provided for you.
- Bring any prior PET or CT scans and reports with you (or have your doctor's office send them to us) if they were performed at a facility other than Wake Radiology. These are needed by the radiologist for a thorough comparison and interpretation of your exam.

## What should I expect on the day of my PET·CT scan?

- Upon arrival, you will be given a tasteless oral contrast mixed with natural spring water to drink. Next, you will receive a small injection of radioactive tracer (FDG) through an IV that will be started in your arm. This injection will not make you feel any different, and you cannot be allergic to it.
- After the injection, you will rest in a quiet room for about one hour. The rooms are furnished with comfortable recliners, warm blankets, and cable TV. You may bring a book or magazine to read or just rest quietly. It is important to avoid movement, talking, chewing gum, using electronic devices such as cell phones, smart phones or PDAs or any physical activity during this hour.
- After the hour, you will move to the PET·CT scan room where we will start the imaging, which will take approximately 20-25 minutes.
- Additionally, you may receive a CT contrast administered through your existing IV, depending on how your physician ordered the exam. We will make you aware if you are to receive this second dose of contrast.
- The entire appointment will take approximately 2 hours. A radiologist will interpret the images from your scan, and a detailed report will be sent to your doctor.

Above all, Wake Radiology's goal is to make this exam as comfortable and stress-free as possible for you. **If you have any questions about this information or about your PET·CT scan or if you need directions (map on reverse), please don't hesitate to call our office at 919-854-2190.**



*A skilled PET·CT technologist positions a patient before his exam.*