



**NORTHERN CALIFORNIA  
PET Imaging Center**

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Sacramento, CA 95816-5233  
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**PET and CT Scan Patient Preparation:**

- You should NOT eat or drink for at least six (6) hours before your scan, except for water only.
- Take all prescribed medications on the day of your exam, unless instructed otherwise.
- Drink 6 to 8 glasses of water the day before the exam and several glasses the day of the exam to ensure hydration.
- Refrain from very strenuous exercise for 24 hours prior to your exam.
- If you would prefer not to change into a gown, please wear comfortable clothing with no zippers or snaps as metal interferes with the images.
- Please bring your prior imaging procedures with you, such as PET, CT, and MRI, if possible.
- Please inform us ahead of time if you are a **DIABETIC**, and we will discuss preparation with you.
- Please let us know if you might be pregnant or are currently breast feeding.
- Please do not bring children or pregnant women with you (due to the radioactive material that will be injected).
- If additional **Diagnostic CT** is ordered, please follow the same preparations as above except do not eat or drink anything past **midnight** except water.

**Please allow 2½ hours for the entire procedure.**

**There are no side effects from a PET scan**