

Preparing for your PET Skull Base to Mid-Thigh & PET Whole Body Exam

- ✓ Nothing by mouth for eight (8) hours prior to check in, except water; please stay hydrated
- ✓ **Medications:** Hold insulin & prednisone for 6 hours – all other medications OK
- ✓ If you are diabetic and your blood sugars run high (above 150-200 mg/dL, must be below 200) please arrange for medication adjustment with your doctor
- ✓ No strenuous activity the day before the exam; walking is fine, no weightlifting or cardio
- ✓ Please follow a high protein/low carb diet 24 hours prior (avoid breads, pasta, sweets; recommend meats & veggies)
- ✓ If you are anxious and/or claustrophobic, please make arrangements with your doctor for medication, and arrange for a family member or friend to drive you home after the exam
- ✓ Refrain from wearing any metal day of exam (i.e. jewelry, barrettes, and any clothing with metal zippers or other metal adornments; sports bras are recommended for women)