• If you have had prior imaging studies done at a non-Inspira facility, please bring a copy of the CD and report with you to your appointment for comparison.
• Please notify the scheduler if you are or think you might be pregnant.

24 hours prior to exam
• Do not exercise.
• Attempt to drink at least 6 (8-oz) glasses of water.
• Maintain a low-carbohydrate diet.

Day of exam (if diabetic see below)
Oncology: Do not have anything to eat for 6 hours prior to exam.
• Attempt to drink 3 (8-oz) glasses of water (NO soda, coffee, juice or tea).
• No gum or hard candy day of PET/CT scan. Sugar in the body will affect test results.
• Do not take any medications related to diabetes.
   All other medications can be taken as prescribed by your physician.

Diabetic patients
Both Type 1 and Type 2
• Fasting blood glucose levels must be under 180mg/dL.
• When scheduling your appointment, let the scheduler know what time of day will allow you to fast for 6 hours and have a blood glucose level under 180mg/dL.

All patients
• Wear warm, comfortable clothing with no metal zippers, buttons, or belt buckles.

A radioactive material called FDG will be injected into a vein. After the injection, a 90-minute rest period in a recliner is necessary. During this time the tracer will circulate throughout the body. After the rest period, you will be positioned on the imaging table and the PET/CT exam will begin. It will take approximately 30 to 45 minutes to complete your exam depending on your diagnosis.

Be prepared to be at the facility for 3 hours. We suggest that you keep a 10-foot distance from young children and pregnant women for the 24-hour period following your appointment time.

If you have any questions regarding your exam prep, please contact our PET/CT department at (856) 641-7919.