

# Patient Prep Instructions

Patient Name: \_\_\_\_\_

Appointment Date / Time: \_\_\_\_\_

**PET/CT**

**PET/CT with Diagnostic CT scans**

PET/CT Only

DO NOT eat or drink anything except water and prescribed medications for six hours before your test. (Diabetics please see below) Drink two-three 8 oz. glasses of water before arriving for your test. Wear loose comfortable clothing with no metal. Do not wear a watch or any jewelry. Do not perform any strenuous activity 24 hours prior to scan. Please bring any previous images or films that your physician's office may have given you. Notify your physician if you are pregnant, breast feeding or diabetic. Your total time at the Center will be approximately two hours. Please bring your medical insurance cards to your appointment with you.

PET/CT with Diagnostic CT scans

In addition to the above PET/CT only procedure, drink one bottle of oral contrast by 10:00 pm the night before your scan. Upon your arrival, you will be asked to drink additional oral contrast.

DIABETICS ... in addition to the above procedures,

You may eat a light meal four hours before you test. Take normal insulin dose or oral medication four hours before test. **\*\*YOU CANNOT TAKE ANY INSULIN FOR FOUR HOURS BEFORE YOUR TEST\*\***. Blood Sugar levels must be **BELOW** 200, or we will not be able to do your test.

**\* YOU MUST SPEAK TO SOMEONE AT THE IMAGING CENTER BEFORE YOUR APPOINTMENT\***

**CT**

CT Scan of Head

CT Scan of Chest

CT Scan of Neck, Soft Tissue

CT Scan Other : \_\_\_\_\_

DO NOT eat or drink anything, other than water, four hours prior to your appointment time.

Take medications as needed.

CT Scan of Abdomen

CT Scan of Abdomen & Pelvis

CT Scan of Pelvis

DO NOT eat or drink anything for four hours prior to your appointment time.

Take medications as needed. Drink one bottle of oral contrast by 10 p.m. the night before your exam. Drink ½ bottle of oral contrast one hour before your appointment time. Upon your arrival, you will be asked to drink the additional oral contrast.

CT Virtual Colonography

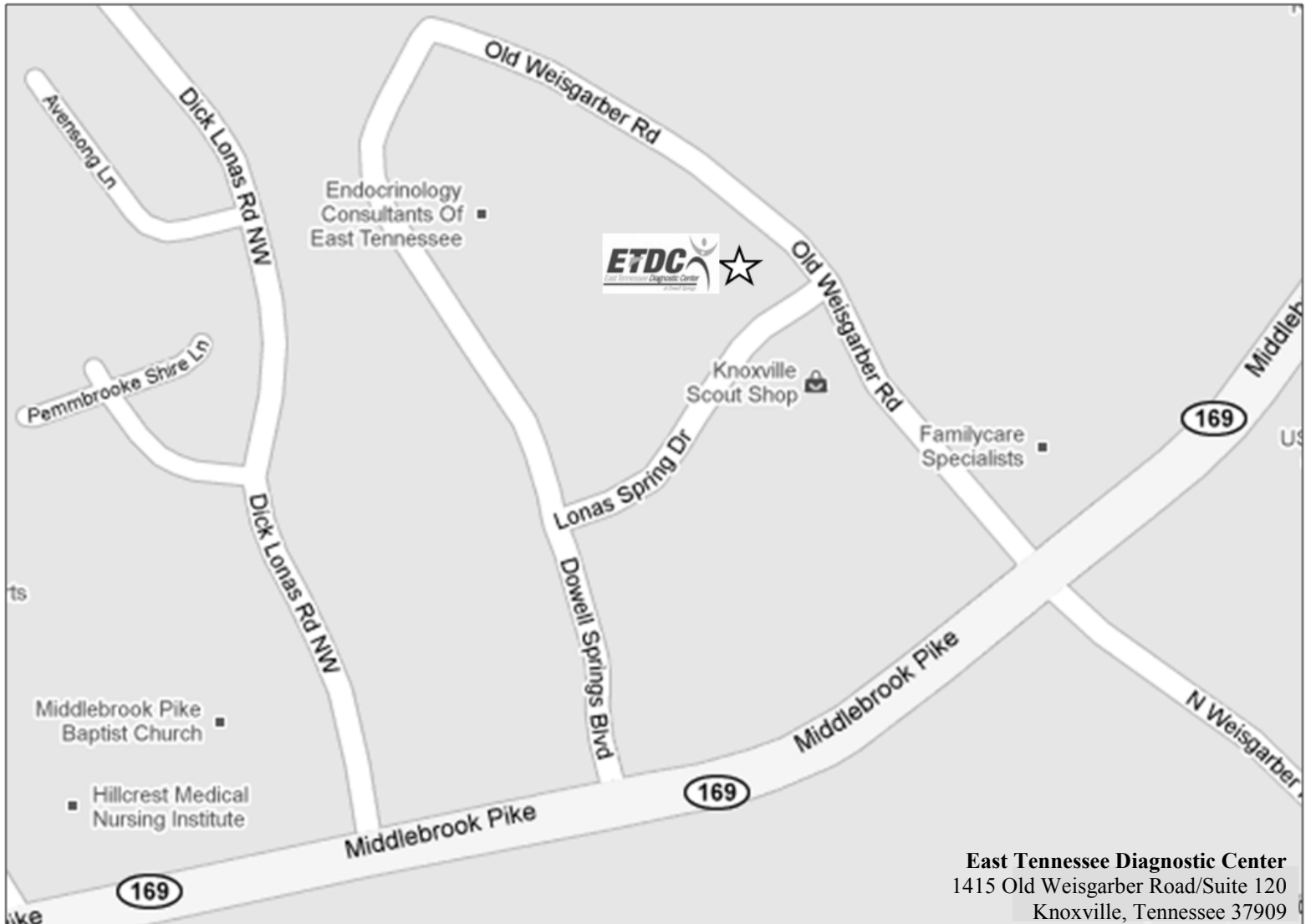
A Prep Kit and instructions must be picked up at the East Tennessee Diagnostic Center more than 48 hours prior to your appointment. The Prep Kit contains Tagitol, a NutraPrep Meal Kit and LoSo Bowel Prep.

Driving Directions To ETDC



**East Bound on I-40:** Take Exit #383, Papermill Rd. Turn Right on to Papermill, at light turn right on to Weisgarber Rd. Follow Weisgarber to Middlebrook Pike and turn left. (The U.S. Post Office will be on the left, on the corner of Weisgarber and Middlebrook.) Turn Right at the first light onto Old Weisgarber Road. The Imaging Center is the 4<sup>th</sup> building on the Left.

**West Bound on I-40:** Take Exit #383, Papermill Rd. Follow the exit to Weisgarber Rd. and turn right. Follow Weisgarber to Middlebrook Pike and turn left. (The U.S. Post Office will be on the left, on the corner of Weisgarber and Middlebrook.) Turn Right at the first light onto Old Weisgarber Road. The Imaging Center is the 4<sup>th</sup> building on the left.



**East Tennessee Diagnostic Center**  
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