PIH Health Hospital
PET CT
Pre Procedure Instructions

Day Prior to Appointment
- No strenuous activity or exercise.
- Follow a low carb diet.

Day of Appointment (non-diabetic patients)
- No strenuous activity or exercise.
- No food, caffeine, or nicotine six (6) hours prior to appointment. (You may have water.)
- Please drink 2 to 3 - 8 ounce glasses of water prior to appointment.
- You may drink the water the day before if you have an early morning appointment.
- Do not chew gum or eat hard candy.
- Take all medications as usual with the exception of a water pill (diuretics).
- Wear comfortable clothing with no metal – no metal buttons, snaps, or zippers.

Diabetic Patients (Oral Medication)
- No strenuous activity or exercise.
- No food for four (4) hours prior to appointment time.
- No caffeine or nicotine six (6) hours prior to appointment time.
- Please drink 2 to 3 - 8 ounce glasses of water prior to appointment.
- You may drink the water the day before if you have an early morning appointment.
- Do not chew gum or eat hard candy.
- Take oral meds as long as it is four (4) hours prior to appointment.
- Wear comfortable clothing with no metal – no metal buttons, snaps, or zippers.

Diabetic Patients (insulin)
- No strenuous activity or exercise.
- No food for four (4) hours prior to appointment time.
- No caffeine or nicotine six (6) hours prior to appointment time.
- Please drink 2 to 3 - 8 ounce glasses of water prior to appointment.
- You may drink the water the day before if you have an early morning appointment.
- Do not chew gum or eat hard candy.
- You may take your insulin four (4) hours prior to appointment time.
- Wear comfortable clothing with no metal – no metal buttons, snaps, or zippers.

The test takes approximately two (2) hours from your arrival time.

Please contact Scheduling at 562.906.5572, if you have any questions or would like additional information.