



**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.*