

# VALLEY DIAGNOSTIC IMAGING SERVICES

## Patient Preparation for PET/CT

(Does not include NaF-18 Bone PET)

### LOCATION MAP:



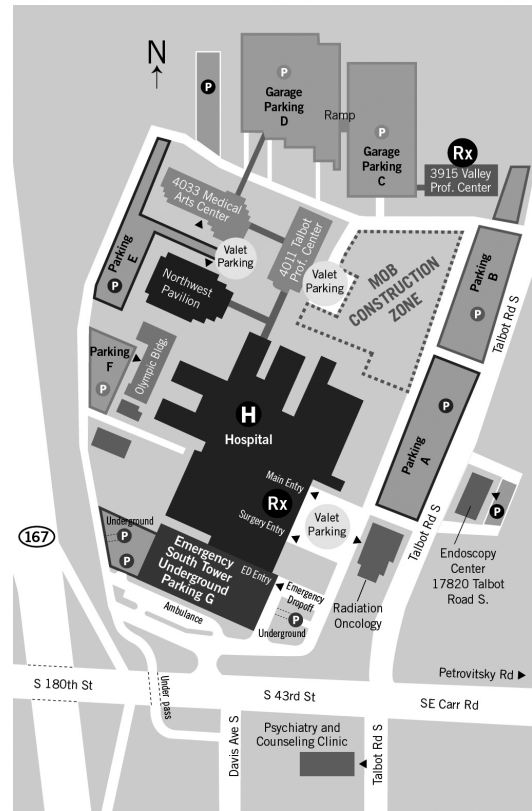
#### PET Exams are performed at:

Valley Diagnostic Imaging Services  
Medical Arts Center  
4033 Talbot Road S., Ste. 360  
Renton, WA 98055  
425.690.6290 for directions

[www.vrads.com](http://www.vrads.com)

#### Driving Directions to the Medical Arts Center:

Driving North or South on I-5, take the I-405 North exit. In Renton, take the Southbound Hwy. 167 (Kent/Auburn) exit. From 167, take the first exit, S. 180th Street. Follow the signs to the Hospital (Valley Medical Center). If you are driving North bound on Hwy.167, take the 43 rd St. exit. Follow the medical center campus map above for the Medical Arts Center location and free parking.



### PATIENT PREPARATION:

For best results with your PET/CT scan, please follow these instructions. If you have any questions about the scan or your appointment, please call us at 425.690.6290.

#### Instructions and Requirements for All Patients:

- **No food or drink (other than water) for 12 hours prior to scan (including gum, breath mints, cough drops, hard candy or anything that may contain sugar).**
- You may drink **ONLY** water up to the time of your scan. It must be plain, unflavored water, no tea or coffee. No gummie vitamins or CBD products.
- No consumption of alcohol or products containing alcohol 24 hours prior to the exam.
- No use of nicotine products the day of exam.
- No exercise 24 hours prior to your scan.
- Please do not take any liquid medications or cough syrup prior to your exam. Continue to take any hard pill medications prior to your exam as long as they are tolerated on an empty stomach.
- Avoid wearing any metal (including underwire bra, jewelry, hair pins/clips and metal belt buckles.)
- Wear warm, loose-fitting clothing; the scanning room tends to be quite cool.
- Allow 2 hours for your appointment. For the scan itself, you must be able to lay still and mostly flat for about 30 minutes.
- If you need pain or anxiety medication, obtain this medication from your physician and bring it with you to your appointment.

#### Additional Instructions for Diabetic Patients:

- On the day of the exam, diabetic patients who take **ORAL** medications **MUST** wait until the scan is completed to take them.