

# VALLEY DIAGNOSTIC IMAGING SERVICES

## Patient Preparation for PET/CT

(Does not include NaF-18 Bone PET)

### LOCATION MAP:



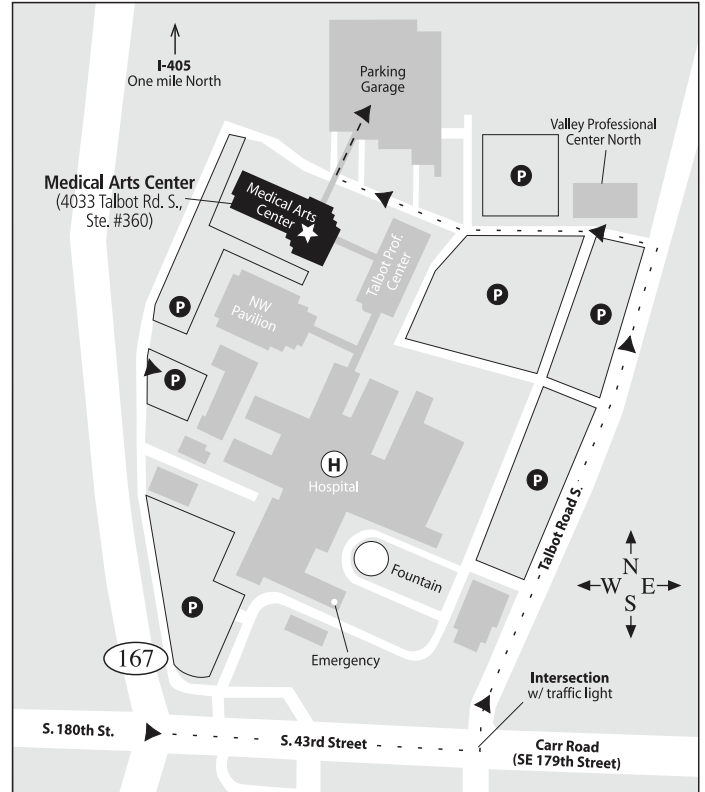
#### PET Exams are performed at:

Valley Diagnostic Imaging Services  
Medical Arts Center  
4033 Talbot Road S., Ste. 360  
Renton, WA 98055  
425.656.5416 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 43rd 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 425.656.5416.

#### 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, not tea or coffee.
- No strenuous exercise 24 hours prior to your scan.
- Take medications as scheduled prior to your scan 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. You will NOT be required to remove your clothing prior to the scan.
- 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, diabetics who take ORAL medications should wait until the scan is completed to take them.