



**MRI**  
CHANDIGARH  
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# PET SCAN PREPARATION GUIDE



Following the instructions carefully helps ensure accurate results and a smooth experience.



## GENERAL INSTRUCTIONS



### Fasting is Important

Do not eat or drink anything (except plain water) for at least 6 hours before your scan. Water is allowed.



### Avoid Strenuous Activity

Avoid heavy exercise or physical activity 24 hours before the scan.



### Medications

Continue regular medications with water, unless advised otherwise by your doctor. For diabetes patients, consult your doctor regarding insulin or oral medications.



### Diabetic Patients

Blood sugar level should be less than 150 mg/dl for accurate results.



### Wear Comfortable Clothing

Wear loose, comfortable clothing. Avoid clothes with metal zippers, hooks, or accessories.



### Arrive on Time

Reach on time to allow for a smooth check-in and preparation process.



## IMPORTANT POINTS

- Do not smoke, chew tobacco, or gum.
- Avoid caffeine (tea, coffee, soft drinks, energy drinks) for 24 hours before the scan.
- Inform us if you are pregnant or breastfeeding.
- Bring your previous reports, scans, and a valid ID proof.



## DURING THE SCAN

- You will be given an injection of a safe radioactive tracer.
- You will need to rest quietly for about 45–60 minutes.
- The scan is painless and takes about 20–30 minutes.
- It is important to lie still during the scan for accurate results.

### NOTE:

These instructions are general guidelines. Your doctor may recommend additional instructions based on your medical condition.

## CONTACT US



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