

# University **Radiology** Associates, L.L.P.

PET/CT AT UPSTATE SPECIALTY SERVICES  
550 HARRISON ST., SUITE G, SYRACUSE, NY 13202  
315-464-2222 FAX 315-464-2225

To prepare for your PET/CT exam please follow these instructions:

1. Avoid sugars, carbohydrates, caffeine, and tobacco for 24 hours before your appointment.
  - We inject a radioactive form of glucose and having too much of the above can alter the distribution of the material, resulting in poor test quality.
2. **Do not eat or drink anything** (except water) for **6 hours** prior to your appointment.
  - Drinking extra water before your exam is encouraged.
3. Do not perform strenuous activity or exercise for 24 hours before your appointment.
4. You may take all of your regularly scheduled medicine (if they can be tolerated on an empty stomach), the only exception being **insulin**.
  - Please hold insulin for **4 hours** before your test and we encourage our diabetic patients to call us at 315-464-2222.
5. If you are very claustrophobic you may obtain some medication from your doctor to help during the test.
  - We cannot give you anything after you arrive, you must bring your own medication.
6. Wear warm, comfortable clothes and avoid wearing anything that has metal (jeans, bra, jewelry, etc.).
7. You can expect to be with us for approximately 2 hours, can park in our parking lot, and we will pay for your parking.
8. Please bring your current insurance card(s) and photo identification.

If you have any questions regarding the preparations or the test in general, please call us at 315-464-2222.