

## Your Appointment

Your appointment is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am / pm.

Please arrive 15 minutes before the appointment. Plan on being here approximately 1 to 2 hours.

1. Do not exercise 24 hours prior to your scan
2. Do not eat carbohydrates such as bread, rice, potatoes, or pasta with your last meal.
3. Do not eat anything for 4 hours before your appointment. No chewing gum, breath mints, cough drops, cough syrup, coffee, or tea.
4. Do not smoke e-cigarettes 4 hours before your appointment.
5. Do not drink any flavored or sweetened water such as vitamin water, propel, etc.
6. Do not bring children or pregnant women with you due to risk of radiation exposure.
7. Do drink as much clear water as you like; at least 3 glasses are recommended on the day of your exam.
8. Do take other prescribed medications on the day of your appointment unless other wise instructed by your doctor. If you routinely take medication for pain or anxiety, please bring the medication with you.
9. Do wear warm comfortable clothing such as sweats or a jogging suit with no metal. Gowns are available if needed.
10. Do remember to bring a picture ID and insurance cards.
11. Do allow 2-3 hours for the entire process (check in to exiting facility).
12. If you are diabetic, stop! Please call our office for special instructions.
13. Do tell us if you are incontinent.
14. Do tell us if you are a known difficult IV start – you will need to arrive an extra 15 min early.
15. Do bring your favorite music (and headphones to listen with) to pass time.

**Exam results will be sent to the referring Doctor.**

**Please contact us if you have any questions at 415-578-6922**