

## Helpful Scan Reminders & Tips for a Successful Scan

### Insurance & Arrival

- Bring your insurance card and co-pay (if applicable).
- Arrive on time—your injection is specially ordered and time-sensitive for accurate results.

### Before Your Scan

- No food or drinks except plain water on the day of your scan. Stay hydrated!
- *Diabetic patients:* Hold diabetic meds (including insulin pumps on basal setting) for 6 hours before your scan. Non-diabetic meds are okay, except anything with sugar (e.g., THC/CBD gummies).
- *Non-diabetic patients:* Take all regular medications as usual.

### What to Wear & Bring

- Wear comfy, metal-free clothing (yoga pants, sweatpants, non-underwire bras).
- Leave valuables at home—metal items like jewelry, belts, or coins must be removed.
- Minimal accessories—skip necklaces, earrings, and unnecessary pocket items.
- Removable dentures with metal and hearing aids will be placed in a tray if not in a personal container.

### Appointment Changes

- **Need to cancel?** Call (518) 269-3074 by 3:00 p.m. the day before your scan. Your injection is specifically prepared for you and must be discarded if unused, which may result in additional charges.

### Previous Imaging

- NYOH arranges for past imaging unless you or your doctor request otherwise.

Phone (518) 269-3074

Fax (518) 486-8093

## NYOH PET/CT Locations

Visit [newyorkoncology.com](http://newyorkoncology.com) for a map and full driving directions.

### Albany Medical Center

43 New Scotland Avenue • Albany, NY 12208

Park in the Physicians Pavilion lot on New Scotland Ave. and enter hospital through Physicians Pavilion. NYOH is the 4th door on right side of main corridor (1st floor, A Building). Look for the New York Oncology Hematology, PC. ceiling-hung sign.

### Albany Cancer Center

400 Patroon Creek Blvd., Suite 1 • Albany, NY 12206

Upon entering Patroon Creek Office Park, proceed straight to bottom of parking lot. Take a right to reach 400 Patroon Creek Blvd. and look for NYOH sign above portico. Please note: Suite 1 is located at the rear of building 400.

### Amsterdam Cancer Center

1700 Riverfront Center • Amsterdam, NY 12010

From Route 67, go past Riverfront Center and take a right on Route 5. Take the next right onto Liberty Street. Continue past stop sign, around to back of building for NYOH/Amsterdam entrance.

### Clifton Park Cancer Center

3 Crossing Blvd. Suite 1 • Clifton Park, NY 12065

From Crossing Blvd., park near side entrance of building and use radiation entrance.

### Hudson Cancer Center

69 Prospect Avenue • Hudson, NY 12534

Use the front or rear entrance parking lot. Check in at the main reception desk, second floor.



[newyorkoncology.com](http://newyorkoncology.com)



## PET/CT Imaging

**NYOH** New York  
Oncology  
Hematology

*Committed to delivering excellent health care services to help our patients continue to tell their story.*

## Your Appointment

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

## Preparation Instructions for PET/CT

To ensure the most accurate results, please follow these instructions carefully.

**Food and drink:** Do not eat or drink anything except water for at least 8 hours before your scan. Avoid gum, candy, mints, cough drops, and nicotine gum.

**Diet:** Follow a low-carbohydrate diet the day before your exam.

**Medication:** Take non-diabetic medications with water unless they contain sugar (such as THC/CBD gummies or vitamins). If your medication requires food, ask your doctor whether to adjust your morning dose.

**Hydration:** Drink plenty of water unless your doctor has you on fluid restrictions. Stay well-hydrated up to your appointment time.

**Clothing:** Wear comfortable, metal-free clothing (no jewelry or clasps). Dress warmly in layers—being cold can affect scan quality.

**Activity:** Avoid strenuous activity, such as running or weight training, for 24 hours before your appointment.

**Sedation:** If you're claustrophobic or anxious, talk with your doctor ahead of time about possible medication. Bring the prescribed medication and instructions with you. If sedated, arrange for someone to drive you to and from your appointment.

## Special Instructions for Patients with Diabetes

In addition to the instructions at left, please follow the instructions below if you have diabetes:

**Food and medication:** You may eat a light meal (no sugars, sweets or caffeine) and take your regular dose of diabetic drugs (insulin, Glucophage, etc.) six hours before your appointment time.

**Special instructions:** If you are a brittle diabetic, cannot maintain glucose levels below 200 or have problems with hypoglycemia, please call your physician for special instructions.

### Important

*Please contact the PET department prior to your appointment with any special considerations such as incontinence, mobility issues, communication difficulties that require an aide, residing in a nursing care facility, etc. To maintain the integrity of the images, we need to know these considerations in advance. Without advance notice, your appointment will be canceled.*

### Questions or Scheduling

Phone (518) 269-3074 • Fax (518) 486-8093



## PET/CT Frequently Asked Questions (FAQs)

### What is PET/CT?

PET (Positron Emission Tomography) shows how your body's organs and tissues function.

CT (Computed Tomography) provides detailed images of their structure.

Together, PET/CT helps detect and treat cancer earlier and more effectively.

### What happens during the scan?

**Blood test:** We check your blood sugar first. If it's over 200, the scan must be rescheduled. Diabetic patients should notify staff when scheduling and follow special instructions.

**Injection:** You'll receive a small, harmless dose of radioactive glucose (FDG) and be asked to drink 16 oz. of water.

**Rest:** You'll relax for about an hour, then use the restroom before scanning.

**Scan:** The bed moves slowly through the scanner as the FDG highlights areas of activity. A radiologist reviews the images and reports results to your doctor.

### How long does it take?

Plan for about two hours total. The scan itself takes 8–24 minutes. Family and friends must wait in the lobby during the procedure.

### Are there any side effects after the scan?

There are no side effects, but avoid close contact with children and pregnant women for 24 hours. You'll receive documentation to carry with you during this time.