

# Precautions for PET-CT test

1. Patients need to do fast 4-6 hours before the test, i.e. no breakfast if the test is in the morning, no lunch if the test is in the afternoon. At 21:00 pm the day before the test, no alcohol, sugary drinks or glucose intravenous infusion should be taken by the patient, except water.
2. The test takes around 2.5-3 hours in total. It is suggested that no other test or treatments to be arranged after a PET-CT.
3. Do not wear any jewelry or clothes with metal decorations (bra), or bring with you any metal products (dentures, wigs, keys, coins, electronic card, lighters) when you enter the test room.
4. Blood glucose levels will be tested before the PET-CT. Please tell the doctor/nurse in advance if you have diabetes, and to adjust your blood glucose level to a suitable level before the test.
5. Do not do any vigorous activity 3 days before the test. On the test day, avoid watching videos and limit talking, make yourself as comfortable as possible. Keep quiet and avoid walking before and after the contrast medium injection.

6. The patient needs to lie down for 15-30 minutes to do the test. Analgesics or sedatives should be taken if the patient has difficulty keeping still. Pediatric patients, weak or critically ill patients should be accompanied by their family while doing the test.
7. The patient should empty their bladder, avoiding urine contamination on the skin or the underwear. Please avoid wearing any metal products.
8. You cannot take the PET-CT test if any of the following applies: an unstable mood, claustrophobia, persistent acute spasm, fever or chills. Women should not take this test during pregnancy or lactation. Patients with severe high blood pressure, diabetes, liver or kidney failure, allergic to iodine or critically ill patients are not suitable for enhanced CT scans.
9. After the test, the patient should wait until notice from the doctors/nurses.
10. Patients should drink plenty of water after the test and avoid close contact with pregnant women or children for 8 hours.
11. Validity period of the contrast agent is very short. Please be sure to arrive on time, or your test may be postponed or

rescheduled. To avoid wasting the contrast agent, please inform us at least one working day in advance if you want to change the appointment.

12. It is still possible that the test time will be postponed or rescheduled due to machine condition or the contrast agent preparation procedure. In that case, your understanding will be greatly appreciated.

13. Results will be available 3 working days after the examination. E.g. if the test is on Monday, come on Wednesday morning.

Contact: 020- 87343415, 87343048 for more information.