



## PET & PET/CT SCAN INSTRUCTIONS

### General Patient Preparations:

- Do not wear clothing (including undergarments) and jewelry that contains metal. All metal must be removed prior to the scan.
- Take all prescribed medications on the day of your scan unless otherwise instructed.
- Do not exercise for 24 hours prior to the scan.
- Do not drink alcohol for 24 hours prior to the scan.
- Please bring any related CT or MRI films to your appointment.
- Let us know if you might be pregnant or are currently breast-feeding.
- Do not bring children or pregnant women with you.
- Plan to be at the PET Center for approximately 2 hours.

**Diabetic Preparations:** Please take all prescribed medications and eat a small meal 4-5 hours before the exam. Bring your medications/insulin with you to the PET Center. Check to make sure your glucose level is at 160 mg/dL or below. A snack will be provided at the completion of your scan.

**PET/CT Preparations:** If you are having a PET/CT scan and your appointment is in the afternoon, you may have water in the morning but nothing else. If your appointment is in the morning, you should have nothing to eat or drink after midnight the previous evening. If your scan requires an oral contrast, additional instructions will be given to you over the phone.

**PET Preparations:** If you are having a PET scan, you should drink several glasses of water on the day of your appointment.

## DIRECTIONS TO COLUMBIA KREITCHMAN PET CENTER

The Columbia Kreitchman PET Center is located in the Milstein Hospital Building at 177 Fort Washington Avenue—the second building on the left between 165th and 168th Streets in Manhattan. On the day of your scan, please check in with PET Admitting, room M-109 on the first floor of Milstein.

### Driving

From *Lower Manhattan*, take the West Side Highway to Riverside Drive South (exit 17). Turn left onto 165th Street and left onto Fort Washington Avenue.

From the *George Washington Bridge*, take the Henry Hudson Parkway South (West Side Highway). Bear right onto Riverside Drive South. Turn left onto 165th Street and left onto Fort Washington Avenue.

From *Westchester and Connecticut*, take the Cross-Bronx Expressway to the Henry Hudson Parkway (the last exit before the George Washington Bridge). Stay to the left and follow signs to Riverside Drive South. Turn left onto 165th Street and left onto Fort Washington Avenue.

### Parking

Free valet parking is available in front of the building. Ask the PET technician for a parking voucher when you have completed your scan. You may also park in the hospital lot on Fort Washington Avenue between 164th and 165th Streets.

### Public Transportation

You can take the A, C, 1, and 9 subway lines or the M2, M3, M4, M5, M100, or BX7 bus lines to 168th Street.

***If you have any questions, please feel free to call us at 212-923-1555.***

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## Columbia Kreitchman Positron Emission Tomography (PET) Center

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