



# ImageSouth

## PET Center

924 Montclair Road - Suite 108 • Birmingham, AL 35213  
PHONE: (205) 591-4PET FAX: (205) 591-3927  
Toll Free: (888) 594-4738 www.imagesouthpet.com



## PATIENT INSTRUCTIONS

WHOLE BODY / ONCOLOGY

**Due to the expensive and individual nature of the medicine used, cancellations MUST BE made by 5:00 p.m. the day before the exam.**

### PREPARING FOR A PET SCAN:

- Please arrive at the PET Center 15 minutes prior to scheduled appointment time.
- Please allow 2-3 hours for PET examinations.
- Please bring most recent CT films.

### PREP INSTRUCTIONS FOR HIGH PROTEIN / NO CARBOHYDRATES DIET:

THE HIGH PROTEIN DIET ALLOWS FOR THE REDUCTION OF CARDIAC UPTAKE SEEN NORMALLY ON A PET SCAN\*

\*THE NIGHT BEFORE YOUR EXAM - PLEASE ADHERE TO THIS DIET!

#### Main course:

Beef  
Fish  
Chicken  
Eggs & Bacon  
Tuna

#### Vegetables:

Broccoli  
Asparagus  
Cauliflower  
Zucchini  
Spinach  
Mushrooms

#### Dessert:

Peanut Butter  
Cheese  
Cottage Cheese

#### Drink:

Black coffee  
Unsweet tea  
Water

Note: All foods can be prepared with vegetable oils or butter.

Each patient needs to avoid the following foods the night before the scheduled exam:

All carbohydrates and sugars  
Potatoes  
Rice  
Corn  
Carrots  
Crackers

Breads  
Beets  
Pasta  
All fruits  
Juices

**THE DAY OF THE EXAM THE PATIENT DOES NOT NEED TO EAT ANYTHING 5 HOURS PRIOR TO THE SCAN THIS INCLUDES GUM, TOBACCO, AND HARD CANDY**

### \*THE DAY OF YOUR EXAM\*

- Drink plenty of plain water ONLY before the exam.
- Take all medications prescribed by your physician.  
If necessary to eat with medication, eat a small portion of one food from the list above & drink water only.
- Do not exercise.

### SPECIAL INSTRUCTIONS:

- If there is a possibility of pregnancy, please inform our staff prior to your appointment.
- If you are insulin dependent diabetic, please inform our staff prior to your appointment.
- Please bring insurance cards and forms.

### ATTENTION

Please bring a limited number of family members with each patient, as there is limited space in the waiting area. Please make arrangements for childcare. We cannot be responsible for children left unattended.

### **DIRECTIONS GOING INTERSTATE 65 NORTH**

(from Montgomery, Mobile, Chilton and Shelby Counties)

Going INTERSTATE 65 North toward Birmingham

- Take Interstate 459 exit (# 250) toward Gadsden/Atlanta
- Exit on to Interstate 20 West (#29)
- Exit on to Hwy. 78/to Kilgore Memorial Dr. (#133)

At end of exit ramp take left onto Hwy. 78 West/Crestwood Blvd.

Third light take left onto Montclair Rd.;

Go 2 miles and begin looking for Cobb Building sign on right

Take right, then an immediate left into parking lot

### **DIRECTIONS GOING INTERSTATE 65 SOUTH**

(from Huntsville, Decatur, Florence, Cullman)

Going INTERSTATE 65 South toward Birmingham

- Take Interstate 59 North/20 East (# 261A)
- Exit onto Interstate 20 East (#130)
- Exit Hwy. 78/ Kilgore Memorial Dr. (# 133)

At end of exit ramp take left

Next light take left onto Crestwood Blvd./78 West

Second light take left onto Montclair Rd.

Go 2 miles and begin to look for Cobb Building sign on right

Take right at Cobb Building sign, then an immediate left into parking lot

### **DIRECTIONS GOING INTERSTATE 59 NORTH/20 EAST**

(from Tuscaloosa, Bibb County, parts of Mississippi)

Going Interstate 59 North/20 East toward Birmingham

- Take Interstate 459 North to Gadsden/Atlanta (# 106)
- Exit onto Interstate 20 West (# 29)
- Exit Hwy. 78/to Kilgore Memorial Dr. (# 133)

At end of exit ramp take left onto Crestwood Blvd./78 West

Third light take left onto Montclair Rd.

Go 2 miles and begin looking for Cobb Bldg.

Take right at Cobb Building sign, then an immediate left into parking lot

### **DIRECTIONS GOING INTERSTATE 59 SOUTH**

(from Gadsden, Guntersville, Fort Payne, Scottsboro)

Going Interstate 59 South

- Take Interstate 459 South toward Montgomery (#137)
- Exit onto Interstate 20 West (# 29)
- Exit Hwy. 78/to Kilgore Memorial Dr. (# 133)

At end of exit ramp take left onto Crestwood Blvd./78 West

Third light take left onto Montclair Rd.

Go 2 miles and begin looking for Cobb Building sign

Take right at Cobb Building sign, then an immediate left into parking lot

### **DIRECTIONS GOING INTERSTATE 20 WEST**

(from Pell City, Talladega, Anniston)

Going Interstate 20 West toward Birmingham

- Exit Hwy. 78/to Kilgore Memorial Dr. (# 133)

At end of exit ramp take left onto Crestwood Blvd./78 West

Third light take left onto Montclair Rd.

Go 2 miles and begin looking for Cobb Building sign

Take right at Cobb Building sign, then an immediate left into parking lot

### **DIRECTIONS GOING 280 WEST**

(from Sylacauga, Alex City)

- Continue down 280 West toward Birmingham

- Take Interstate 459 toward Gadsden/Atlanta

- Exit on to Interstate 20 West (# 29)

- Exit on to Hwy. 78/to Kilgore Memorial Dr. (# 133)

At end of exit ramp take left onto Crestwood Blvd./78 West

Third light take left onto Montclair Rd.

Go 2 miles and begin looking for Cobb Building sign

Take right at Cobb Building sign, then an immediate left into parking lot