1. You should let us know if any of the following applies:
   - You are pregnant or a nursing mother.
   - You are a diabetic. Please inform us if you have diabetes as additional preparation instructions are needed. If you are a diabetic, proper management to your blood sugar level is more important than strict adherence to this diet. Due to the special preparation needed for diabetic patients, you must expect to spend at least 3 hrs at the center.
   - You are claustrophobic.
   - You are on intravenous drip (glucose/lactose/dextrose). Drip should be stopped a day prior to the scan.
   - You have medical problem that will affect your ability to lie still for up to an hour.

2. Medications:
   - You can continue your regular medications. (For those who are diabetic, please call us for further instructions.)

3. Food:
   - 2 day before the procedure you are advice to control you diet.
   - Avoid sweet food & drink, and high carbohydrate diet.
   - Please drink a lot of plain water. In general, at least 6 to 8 glasses of water.

4. Depending on the specific area of the body to be scanned, it may be necessary to administer a sedative. If sedation is required, you are to bring someone with you and appropriate transport arrangement should be made.

5. A day prior the scan:
   - FASTING: If your appointment is before 11:30am, you are advised not to eat or drink (except plain water) after 12:00 midnight. If your appointment is after 11.30am you are advised to start fasting from 6:00am on the day of scan.
   - Please bring along previous X-rays, CT, MRI or other scans & report as well as any blood test reports.
   - Pregnant lady and children below 12 yrs old are not allowed to accompany patient for the scan.
   - Avoid strenuous exercise 24hrs prior to scan.

6. On the day of the scan:-
   - Take all your regular medications unless otherwise instructed.
   - Do not wear jewelry or metal on your clothes.
Please arrive at least 2 hour before your scheduled appointment time. Remember, no chewing gum, candy mints, breath mints or anything other than plain water.

Preparation phase:-
You will be asked to change into a gown. A locker will be provided to keep your personal belongings. Your weight and blood sugar level will be checked.

Uptake phase:-
You will be injected with a radiotracer and asked to lie quietly for about 1 to 1.5 hours in a allocated room. There are no side effects from this radiotracer. After this, you will be transferred to the scan room.

Scanning phase:-
Scanning will take between 30min and 1 hour. The time may vary depending on the area being scanned. It is important that you allocate plenty of time (approximately 3 hours) to be at the center.

Reminder:
- Do not eat or drink (except plain water) after 12.00 midnight for appointment before 1130am. For appointment after 11.30am, start fasting from 6.00am.
- Avoid strenuous exercise on the day before or on the day of the scan.
- Drink plenty of plain water.
- No chewing gum candy mints, breath mints or anything other than plain water on the day of the scan.
- Arrive at the center for 2 hours prior your scheduled appointment.
- Take your regular medications on the day of scan unless otherwise instructed.

Please contact our staff if you have any queries: 603-83145501