



Windsong Radiology Group, P.C.  
55 Spindrift Dr., Williamsville, NY 14221  
PHONE (716) 631-2500 FAX (716) 631-4051  
www.windsongradiology.com

PATIENT NAME: \_\_\_\_\_

DATE OF APPOINTMENT: \_\_\_\_\_ PLEASE ARRIVE AT: \_\_\_\_\_AM / PM at our 55 Spindrift Dr. location

Thank you for scheduling your PET/CT exam with Windsong Radiology Group. To ensure the highest quality images, please read the following information carefully.

**EXAM PREPARATION INSTRUCTIONS:**

- ❖ Starting 2 days prior to your exam, please abstain from strenuous or repetitive activities- including, but not limited to, mowing, shoveling, house cleaning, exercising, gum chewing, sexual activity etc.
  
- ❖ Starting 1 day prior to your exam, please follow the no carbohydrate diet. **If a food is not listed here, please do not eat it**, as it may compromise test results. You **may** eat:

-Plain (unbreaded/no sauces) Meat / Chicken / Fish  
-Eggs

-Hard Cheeses (avoid spreads or cottage cheese)  
-GREEN Vegetables (avoid peas)

\*You may use salt and pepper, oils, small amounts of butter/margarine, and white vinegar.

**DRINKS** must be unsweetened or sugar-free. Water and diet beverages (such as diet pop and Crystal Light) are allowed. Coffee and tea may be sweetened with artificial sweetener and a small amount of milk. No alcohol is allowed during this time period.

**THE DAY OF YOUR PROCEDURE:**

- Fast 4 hours prior to your appointment. Water and oral medications are allowed at any time that day- even during the fast. Water drinking is encouraged!
- **DIABETICS** may fast just 2 hours. Do NOT use insulin within 4 hours of your appointment. Please consult with your physician if you have concerns with this diet or changing your insulin schedule. All oral including diabetic medications may be taken as usual at any time.
- If you choose to eat before the fasting period begins, please be sure to follow the diet above.

**WHAT TO EXPECT AT YOUR VISIT:**

- Expect to be here approximately 2 ½ hours
- Wear warm clothing as procedure room is cool. Avoid clothing with metal if possible; gowns are available if necessary.
- Please avoid wearing jewelry. (Rings may stay on).
- You will be given a bottle of Barium to drink on arrival. Once registered, you will be taken to a prep/relaxation area where you will be administered the radioactive tracer. You will not be able to read or use your phone, or have others accompany you in this area, as it will affect the quality of the exam. We advise staying away from infants, children and pregnant women for 24 hours following your scan.

**CONFIRMATION / CANCELLATION:**

- If you need to cancel your appointment, please do so by 3:00PM the day before your appointment. If you fail to cancel by this time, you will held responsible for the cost of the tracer (\$140), as the material is ordered specifically for you.
- We will contact you 1 - 2 business days before your exam to confirm your appointment and answer any questions you have regarding the prep. If you do not hear from us by 2:00PM the day before your appointment, please contact the PET/CT department at (716) 631-2500 extension \*2158.

**To avoid any delay in getting a report to your doctor, please bring any reports and CDs from imaging done elsewhere (you will have to request these items from the facilities that performed the imaging) to this appointment.**

Thank you for choosing Windsong Radiology Group for your diagnostic imaging services. We look forward to your visit. If you have any questions, please call the PET/CT department at (716)631-2500 extension \*2158.