



CHEYENNE RADIOLOGY

Dear: _____ :

This letter is to remind you of your PET/CT appointment: _____

Check in will be _____ at: Cheyenne Radiology
2003 Bluegrass Circle
Cheyenne, WY 82009

THERE IS A PREP FOR THIS EXAM AND INSTRUCTIONS ARE AS FOLLOWS:

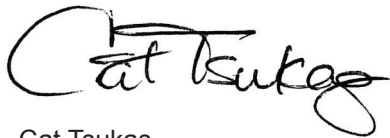
- Avoid strenuous activities 24 hours prior to your exam. No mowing lawns, shoveling snow, moving furniture, etc. Strenuous activities include anything that may make your muscles sore.
- Last meal prior to fasting, you will need to eat a high protein/low carbohydrate diet. Some high protein foods are meats, eggs, beans and cheese. Avoid high carbohydrates and sugary foods, such as fruits, juices, pasta and breads. Whole grain breads, in small amounts, are alright.
- The day of your exam you will need to be fasting (nothing to eat or drink other than plain water) 6 hours before. This includes no candy, gum, mints or cough medications. **Drinking water is encouraged.**
**Diabetic patients: Nothing to eat 4 hours before your exam.*
- Medications may be taken as prescribed the day of your exam. **Diabetic patients: Insulin may be taken up to 2 hours prior to your scheduled appointment time. Oral diabetic medications may be taken up to 4 hours prior to your scheduled appointment time.*
- **Diabetic patients: Your blood glucose level must be less than 200 mg/dl. The day of your exam, if your blood glucose level is above 160 mg/dl, or below 80 mg/d, please call to talk to a technologist before you come in for your appointment. Please monitor your blood glucose level and blood glucose record to the exam. The technologist may wish to review and discuss the information prior to the exam.*
- Clothing will need to be metal free. No zippers, buckles, snaps, etc. Under wire bras will have to be removed for this exam. A jogging suit or yoga pants and sweat shirts are preferred. You will need to be comfortable.

- We **DO NOT** provide anti-anxiety or claustrophobia medications. If they are needed, you will need to request these medications from your physician and bring them to be taken as instructed.
- Pregnant women and small children should **NOT** accompany you to this appointment.
- Your entire procedure will require approximately **2 HOURS**.

I have also enclosed your check-in paperwork to be filled out. Please bring all paperwork with you, along with your insurance card(s) and a photo ID.

If you have any questions or concerns, please call me at 633-8952. I am in the office Monday – Friday from 9:00 a.m. to 3:00 p.m. If you happen to call when I am not in the office, please leave a message I will get back with you the next day. If you need direct assistance you may call 633-8992, and one of the other schedulers will be more than happy to answer any questions.

Thank you,

A handwritten signature in black ink that reads "Cat Tsukas". The signature is written in a cursive, flowing style.

Cat Tsukas
Cheyenne Radiology Scheduler
[307] 633.8952