

Appointment:

Date: _____ Check-in: _____

If you have questions about your appointment and/or prep instructions, please call a Prior Authorization Specialist at (253) 761-4200, extension 6+7603, or toll-free at (866) 761-4200, extension 6+7603.

PET/CT Patient Instructions

- **NOTHING TO EAT OR DRINK (EXCEPT WATER) AFTER MIDNIGHT**
- You are encouraged to drink water before your exam, but only plain water (*i.e., non-carbonated, no flavor or additives, etc.*). Anything else may adversely effect exam quality.
- All necessary medications, except diabetes medications, steroids and multi-vitamins, may be taken with plain water.
- If you are diabetic, **DO NOT** take your morning diabetes medicine. If you need insulin in the morning, call a TRA Prior Authorization Specialist at least two days before your exam and we will arrange the best schedule for you.
- No coffee, gum, breathmints, cough drops or cough syrup the day of your exam.
- No strenuous exercise before your exam.
- The PET/CT scanner room is air-conditioned; please wear long sleeves. Sweat suits work well.
- No metal such as zippers, metal buttons, etc. You can change into a gown if needed.
- Please bring a list of all medications you currently take.

The PET Scan is a time sensitive procedure. It is important you are on-time to your check-in. If you must cancel or reschedule please notify us 24 hours in advance so we can cancel the radioactive compound which has been ordered specifically for your exam.

Please note: the entire visit (check-in to exit) takes from 2 to 2 1/2 hours.



Directions to clinic

TRA Tacoma - on Union
2502 S. Union Avenue
Tacoma, WA 98405

From North or South I-5

- Take Exit 132 and merge onto Hwy 16 W
- Take the Union Ave exit
- Turn right onto Union Ave
- Turn left into our driveway (\approx 0.13 miles) and an immediate left into our parking lot

Additional Details:

We are located across the street from the Target shopping center and share a driveway with the 2420 medical building.