



Why choose Mount Sinai Doctors for your imaging needs?

The board certified radiologists at Mount Sinai Doctors are a robust group of subspecialists and expert diagnosticians you can depend on for timely top quality reads and diagnoses.

We know there are many choices in diagnostic radiology, and we truly appreciate your trust. We will work diligently to reward that trust with the highest-quality radiologic service coupled with the personal attention and accuracy you deserve.

Mount Sinai South Nassau

One Healthy Way, Oceanside, NY 11572
516-632-3921

Mount Sinai Doctors – Oceanside, Radiology

185 Merrick Road, Oceanside, NY, 11572
(directly across from Mount Sinai South Nassau Hospital)
516-766-6550

Mount Sinai Doctors – Rockville Centre, PET/CT

485 Merrick Road, Rockville Centre, NY 11570
516-255-9555

Mount Sinai South Nassau Center for Women's Imaging

440 Merrick Road, Oceanside, NY 11572
516-255-8220



**Mount
Sinai
Doctors**

**PET/CT
Radiology**

Formerly known as RALI PET/CT

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

Advanced Diagnostic Imaging PET and CT Scans

With outstanding imaging, our highly skilled diagnosticians can help you get an accurate diagnosis—the key to properly treating injuries and illnesses.



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About PET scans and CT scans

A positron emission tomography, or PET scan, is an image that helps physicians diagnose how your tissues and organs are functioning. A PET scan uses a radioactive injection, called a tracer, to help your doctor diagnose or evaluate several conditions, including specific cancers, heart disease and brain disorders.

Computerized tomography, or CT scan, is used to help detect changes in the body's anatomy. CT scans are similar to x-rays and take images from many different angles to produce tomographic, or cross-sectional, images of the inside of the body.

What to expect

Typically, the entire process for PET scans takes approximately 1.5 to 2 hours from the time you arrive for your appointment. Once you have been injected with the tracer, you will rest for 45 minutes, after which you will be scanned for 20 to 40 minutes.

A CT scan typically takes just a few minutes to complete, although for some examinations, patients must consume an Oral Contrast Drink beforehand and must allow for this prep time prior to the actual scan.

For PET and CT scans, you will be asked to lie on a table that passes slowly through a large doughnut-shaped camera, which captures pictures of the entire body.

You should have no discomfort other than the small injection, and there are no side effects from the injection or the scan (only certain CT examinations require an injection).

Preparing for Your PET/CT Scan

Please read the following information carefully, and do not hesitate to contact us if you have any questions.

For a PET/CT scan:

- **2 days before exam:** Do not exercise or do any strenuous activities
- **5 to 6 hours before exam:** Do not eat or chew or drink anything other than plain water
- **1 hour before exam:** Drink one to two glasses of water
- **Day of exam:** If you are diabetic and take Metformin or any derivative of Metformin, please do not take your diabetic medication

For CT Scan only:

- **3 hours before exam:** Do not eat or smoke or drink, except for the oral contrast provided by our office
- **1 hour before exam:** Drink one to two glasses of water
- **Day of exam:** If you are diabetic and take Metformin, or any derivative of Metformin, please do not take your diabetic medication

Oral contrast drink instructions, CT pelvis and/or abdomen: (not required for kidney stones)

- Drink one bottle the evening before the exam, at any time
- Drink the second bottle the day of the exam, making sure to finish it 30 minutes before your exam
- It is not necessary to refrigerate the drink

If you have any questions

about your examination or about your oral contrast drink instructions, please call us at (516) 255-9555

Medications and special instructions:

Take your medications as scheduled prior to your scan, as long as they are tolerated on an empty stomach.

- If you are diabetic, your blood sugar level must be 200 or under to have the exam performed, and you cannot take diabetic medications for five hours before the exam. Please bring your medication with you to the exam. If your blood sugar is above 200, please call us at (516) 255-9555 for instructions.
- Do not take steroid medication before the exam
- Oxygen-dependent patients: please bring enough oxygen for your 2-hour exam and travel time

What to bring to your appointment:

- Any previous CT, MRI, PET or bone scan images
- A list of your medications
- Your insurance cards and picture ID

Arrival:

- Please make every effort to arrive on time. Late arrival could cause your appointment to be postponed, as the radioactive sugar solution used for the PET is administered specifically for your appointment date and time
- If you are unable to keep your appointment, please call us 24 hours prior to cancel

After the exam:

- Drink plenty of fluids. You will need to continue drinking fluids and emptying your bladder the rest of the day
- Avoid being within 5 to 10 feet of infants, children, pregnant women, and/or breast-feeding women for 20 hours
- If you take Metformin, do not take for 48 hours after the exam (CT with contrast patients only)