

Warm up for your PET-CT scan

It is important that you stay warm and limit physical exercise or strenuous activities for 24 hours before your appointment. Becoming cold or exercising may affect the scan, making it harder for the Nuclear Medicine Technologist to obtain clear images. You will be resting for up to one hour before your scan, so you must be comfortable, relaxed, and warm.

Tips to stay warm:

- Dress in layers: Wear loose, comfortable, warm clothing and socks.
- Bring a jersey or jacket
- In the winter, wear a hat, scarf, gloves, or extra layers to stay warm.
- In summer, avoid turning your air conditioning very high.
- If you feel cold, please ask for a blanket.
- Please inform us if you're feeling cold whilst onboard the imaging unit.

Our team is here to help. Please contact us if you have any questions or concerns.

Phone: 0800 001 185

Email: booking@mobileimaging.co.nz

