

PEM Patient Pre-procedure Instructions

Your PEM procedure will take approximately 2 hours from start to finish. The actual procedure is similar to a mammogram with significantly less compression used. For this procedure, an I.V. will be placed through which the radiopharmaceutical will be administered.

Your responsibilities prior to the procedure:

1. No strenuous exercise (aerobic, weightlifting, treadmill, etc.) for 24 hours prior to your procedure.
2. Please try to drink 6-8 cups of water starting 24 hours before test. The more hydrated you are, the better the test will be.
3. Water only (plain water) 6 hours before your exam. Also, no gum, candy, breath mints, sugar substitutes (splenda, equal, nutrasweet)...6 hours before test.
4. High protein, low carbohydrate diet 24 hours before test (think meats and veggies). If this diet cannot be followed 24 hours, please try to make the last meal before the test a low carb meal .
5. **If you are diabetic, please call 918-388-5705 for special instructions.**
6. **Unless directed otherwise, take all of your usual medications (except: steroids, diuretics, allergy medication and diabetic medications. Hold these the day of the procedure) with water the morning of the procedure.** If you are unsure, please avoid taking the medication until after the PEM test. Please bring a list of your medications with you to your appointment.

This procedure is very time sensitive, it is very important to be here at your check-in time. Please call 24 hours in advance if you are unable to make your appointment.

If you have questions regarding any of the above information please contact the PEM Coordinator at 918-388-5705. Our website is www.tulsaspinehospital.com