



PET/CT Patient Instructions

To avoid the rescheduling of your appointment please follow the prep instructions below

Do NOT eat or drink anything other than water for **6 hours** prior to your PET/CT scan. This includes NO candy, mints, gum, or cough drops.

- Exercise should be restricted for 24 hours prior to the exam.
- Avoid caffeine for 24 hours prior to the exam.
- Bring a current list of medications and your insurance card.
- Wear comfortable, metal free clothing.
- Please follow the diet listed below the night before your scan. It is important that you do not consume carbohydrates or sugar. This includes most foods except those in the "protein" food group. A few specific vegetables are permitted. Beverages should not have sugar, carbohydrates, or caffeine. **READ LABELS CAREFULLY!**

MENU

- Grilled 8 oz. **Steak**, baked or broiled **Chicken or Salmon** filet.
 - o You may use butter or oil, but **NO** sauces that have sugars or other carbohydrates
- Green vegetables- such as asparagus, broccoli, or spinach (No green peas)
 - o You may have sautéed mushrooms (Try butter and fresh garlic)
 - o You may have a small lettuce only salad (No carrots, tomatoes, croutons, etc.)
 - o Dressing can be vinegar and oil or any other dressing without carbohydrates or sugar.
- **No Grains**- this includes potatoes, rice, pasta, breads, etc.

Beverages

- Water is best (not flavored) diet soda, Crystal Light, or other choices without carbohydrates, sugar or caffeine.

If in doubt don't eat or drink it!

For any questions regarding PET/CT exams call 866-533-4296



FOR DIABETIC PATIENTS

Nothing to eat 4 hours prior to your PET/CT scan. This includes NO candy, mints, gum, or cough drops.

Prior to the fasting period, eat a high protein/low carbohydrate diet.

Your glucose level will be tested once you arrive at the scanning facility. If for any reason your level is out of the range approved by the radiologist, your exam may need to be rescheduled.

You may have plain, clear unflavored water only throughout the fasting period (no juice, coffee, tea or soda).

Take your oral medication or your insulin 4 hours prior to your scan. Please bring your insulin with you on the day of your exam.

If you use an insulin pump, please contact the PET/CT scheduling department for further instructions.

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