

PET/CT FDG Tumor Imaging Preparation Sheet

Please Contact FCS At Least 24 Hours Prior To Your Exam If You Are Unable to Make Your Appointment.

Failure to Follow These Instructions May Delay Your Exam, Add Costs And Our Ability To Provide You And Your Physician With Results In A Timely Manner.

Someone will call you to confirm your appointment and to answer any questions you may have.

The day before to your scan:

- Keep a Protein Based, Low-Carb, No Sugar, No Fruit diet. Nothing sweet and nothing starchy. NO bread, NO pasta, NO rice, NO potatoes, NO fruit, NO sugar & no alcohol.
- Eat proteins like meat, chicken, fish, etc. You can also eat vegetables, eggs, salads (use only oil and vinegar for dressing) and cheese.
- Drink plenty of **plain water** right up to your appointment time.
- Avoid **excessive** exercise the day before and the day of your scan to avoid muscle uptake.

The day of your scan:

- Do not eat or drink anything but **plain water**.
- If you have an afternoon appt you may have a light breakfast 6 hours prior.
- Do not consume gum, candy, cough drops or mints.
- Continue to take all medications as normal, except for insulin. Diabetic patients must stop the use of insulin 6 hours prior to the exam. All other diabetes medication should be taken as prescribed.
- Bring any prescribed anxiety medication to the exam and let the technologist know.
- Wear comfortable, warm clothing with no metal. No zippers, snaps or metal buttons.
- A sports bra is recommended for the ladies. No under-wired bra, if possible.
- Remove all jewelry. No earrings, necklaces, watches, rings or piercings.

Please call the Radiology Department and ask to speak with a Technologist for any of the following scenarios:

- Patient weighs over 350 pounds.
- Patient is in a wheelchair or stretcher and cannot stand without support.
- Patient foresees being around pregnant women or small children during the 24-hour period after the scan.
- Patient is scheduled to wear a **Glucose Monitoring Device** or a **Neulasta On-Body Injector** at the time of scan.

PET/CT SCAN DIET GUIDELINES

DO NOT EAT / DRINK THE FOLLOWING:

NO Sugars / Starches / Carbohydrates
NO CANDY / NO GUM (even if Sugar-free)
NO Bread/Rolls/Cakes/Tortillas/Pizza Dough
NO Yogurt / Pastries / Desserts / Ice Cream

NO Salad Dressings / Gravies
NO ALCOHOL (of any kind)
NO Snacks / Chips (of any kind)
NO Potatoes / Corn / Peas

NO Soft Drinks / Coffee / Flavored Waters
NO Fruit or Fruit Juice
NO Rice/Pasta/Crackers/Jellies/Jams
NO Grains / Oatmeal / ALL Cereals

OK TO EAT / DRINK THE FOLLOWING:

PLAIN WATER (NO Lemon, Flavors, Sweeteners)
Steak / Red Meat / Pork (bacon/ham)
Oil, Vinegar, Margarine and Butter

Tofu, Fish/Chicken (avoid breading)
Eggs and Hard Cheese
Zucchini, Lettuce and Celery

Raw / Natural Nuts, Unsweetened Peanut Butter
Vegetables: Green Beans, Broccoli, Spinach