

PET/CT FDG Tumor Imaging Preparation Sheet

Please get in touch with FCS At Least 24 Hours Before 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 Promptly.

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

The day before 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 green vegetables, eggs, salads (use only oil and vinegar for dressing) and cheese.
- Drink plenty of **plain water** right up to your appointment time.
- Avoid exercise the day before and the day of your scan to avoid muscle uptake.
- **Do Not smoke / vape or consume alcohol for 24 hours before the scan.**

The day of your scan:

- Do not eat or drink anything but **plain water**. No coffee.
- If you have an afternoon appointment, you may have a "light, High Protein/Low Carb" breakfast 6 hrs. prior to your scan time.
- Do not consume gum, candy, cough drops or mints.
- Continue to take all medications as normal, except for insulin and oral diabetic medications.
- Diabetic patients must stop the use of insulin 6 hours prior to the exam. **All oral diabetic medications** should be stopped the day of the exam and should not be taken until after the exam is completed.
- Insulin pumps need to be turned off 6 hrs. prior to injection time.
- 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 ladies. No under-wire 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:

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

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 and Spinach