

## PET/CT SCAN 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 scan, add costs to your bill and delay our ability to provide you and your physician with timely results.**

Someone will call you to confirm your appointment and to 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** sugar and **NO** alcohol.
- Eat proteins like chicken, turkey, fish etc.
- You can also eat green vegetables, eggs, salads (using 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. No coffee.
- If you have an afternoon appointment, you may have a "light, High Protein/No Carb" breakfast at least 6 hours prior to your scan time.
- Do not consume gum, candy, cough drops or mints.
- Bring any prescribed anxiety medication with you to the scan appointment and let the technologist know you have it.
- Continue to take all your medications as usual, except for insulin.
- *Diabetic patients must stop the use of insulin 6 hours prior to the scan. All oral diabetic medications should be stopped the day of the exam.*
- Wear comfortable, warm clothing with no metal. No zippers, snaps or metal buttons.
- A sports bra is recommended for women. No underwire bras.
- Remove all jewelry. **NO** earrings, necklaces, watches, rings or piercings.

**Please call the radiology department and ask to speak to a technologist for any of the following scenarios:**

- Patient weights over 350 pounds.
- Patient is in a wheelchair or stretcher and cannot stand without support.
- The patient foresees being around any pregnant women or small children for the 24-hour period after the scan.
- The patient is scheduled to wear a glucose monitoring device or Neulasta On-Body injector at the time of the scan.

## PET/CT Scan Diet Guidelines

### **DO NOT EAT/DRINK:**

- Sugars, starches or carbohydrates (i.e., rice, grains, pasta, crackers, jams/jellies, grains, oatmeal, all cereals, potatoes, corn, peas)
- Candy or gum (even if it's sugar free)
- Salad dressings/gravies
- Alcohol (of any kind)
- Snacks, chips, desserts or ice cream
- Fruit or fruit juices
- Soft drinks, coffee or flavored waters
- Yogurt
- Pastries

### **THINGS THAT ARE OK TO EAT/DRINK:**

- Plain water (no flavors, sweeteners or lemon)
- Red meat, steak, pork (ham/bacon), turkey or chicken
- Tofu
- Fish (no breading)
- Eggs and hard cheeses
- Oil, vinegar, margarine and butter
- Raw/natural nuts, unsweetened peanut butter
- Green vegetables: lettuce, zucchini, celery, green beans, spinach or broccoli

Again - Please contact FCS at least 24 hours prior to your exam if you are unable to make your appointment. Or if you have any questions about the procedure or your diet.

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