

PET Patient Instructions

Due to the Expensive and individual nature of the medicine used, cancellations MUST BE made by 5:00 p.m. the day before the exam.

Preparing for a PET Scan:

- Please arrive at the PET Center 15 minutes prior to your scheduled appointment time.
- Please allow 2-3 hours for PET examinations.
- Please bring most recent CT films.
- If there is a possibility of pregnancy, please inform our staff prior to your appointment.
- If you are an insulin dependent diabetic, please inform our staff prior to your appointment.
- Please bring insurance cards and forms.
- Please day before your exam please follow the high protein/no carbohydrates diet below.

Prep Instructions for High Protein/No Carbohydrates Diet:

The night before your exam please adhere to this diet!

A high protein diet allows for the reduction of cardiac uptake seen normally on a PET scan.

<u>Main Course</u>	<u>Vegetables</u>	<u>Dessert</u>	<u>Drink</u>
Beef	Broccoli	Peanut Butter	Black Coffee
Fish	Asparagus	Cheese	Unsweet Tea
Chicken	Cauliflower	Cottage Cheese	Water
Eggs & Bacon	Zucchini		
Tuna	Spinach		
	Mushrooms		

Note: All foods can be prepared with vegetable oils or butter.

Avoid the following foods the night before the scheduled exam:

All carbohydrates and sugars	Crackers
All Fruits	Juices
Beets	Pastas
Breads	Potatoes
Carrots	Rice
Corn	

THE DAY OF THE EXAM

- DO NOT EAT ANYTHING FIVE HOURS PRIOR TO THE SCAN. THIS INCLUDES GUM, TOBACCO, AND HARD CANDY.
- Drink plenty of plain water ONLY.
- Take all medications prescribed by your physician.
- If it is necessary to eat with your prescribed medication, eat a small portion of one food from list above and drink water only.
- Do not exercise.