

Patient Name _____

Appointment Date _____ Time _____ AM/PM

PREP FOR ALL PET/CT SCAN PATIENTS (if Diabetic, see below also)

- No food 6 hours prior to study.
- May have water only, right up to time of exam, but no other liquids allowed.
- Wear warm, loose-fitting clothing with as little metal as possible (sweat suits are ideal).
- Rings and watches are okay but please remove other jewelry and piercings.
- No exercise or repetitive/vigorous activity 24 hours prior to exam. This includes yard work, sports, hunting, etc.
- May take regularly scheduled medications if able to tolerate on an empty stomach.
- For best results, completely avoid sugar, chewing gum (even sugarless) and caffeine the day of the exam and limit sweets and starches for 24 hours (NO sugar, potatoes, bread, rice or pasta).
- Must be able to lie flat on back for at least 20 minutes. *

**a melanoma patient may be required to lie on his/her back for 30 minutes*

DIABETIC PATIENTS (see page 2 of form for acceptable foods and drinks)

• **Non-insulin dependent**

- Day prior to exam follow low-carb, high protein diet (see reverse side for sample diet).
- No strenuous activity for 24 hours prior to exam.
- The day of exam: no food, caffeine or chewing gum (even sugarless) 4-6 hours prior to exam.
- Water only 4-5 hours prior to exam.
- Take medications as usual morning of exam.

• **Insulin dependent**

- Goal is blood sugar level less than 200 at time of exam.
- Day prior avoid sweets and starches (see reverse side of form for sample diet).
- Day prior avoid strenuous activity.
- MUST have light, low-carb meal 4-6 hours prior to exam.
- May have water only right up to exam.
- No food, caffeine or gum (including sugarless) until after exam.
- If using an insulin pump, PET/CT technologist will consult with you for best protocol.

OTHER FACTORS AFFECTING PET/CT SCANS

- No oral barium contrast studies within 48 hours of PET/CT (i.e. CT with oral contrast, UGI, video swallow).

PET/CT LOW CARB DIET PLAN

	<i>Sample 1</i>	<i>Sample 2</i>	<i>Sample 3</i>
BREAKFAST	Eggs any style, sausage or bacon, low-fat plain yogurt (without fruit)	Scrambled eggs, bacon, tomato juice	Cheese omelet with chopped bacon and mushrooms, milk (fat free or 1%)
LUNCH	Grilled chicken salad or chicken caesar salad (without croutons), cobb salad, greek salad	Grilled hamburger steak (no bun), sliced cucumbers or tomatoes	Sliced grilled chicken breast on romaine with balsamic vinaigrette
DINNER	Grilled/broiled salmon, steamed asparagus, tossed salad (mixed greens, cucumbers, green peppers, cherry tomatoes) use only balsamic vinaigrette dressing	Baked chicken/cornish hen, steamed broccoli or asparagus, mashed cauliflower, oven roasted vegetables	Grilled sirloin, steamed spinach or green beans, roasted eggplant

ACCEPTABLE DRINKS

Water
 Crystal Light
 Caffeine-free, sugar-free soda
 Club soda
 V-8 juice or similar vegetable juice
 Milk (fat free or 1%)

DRINKS TO AVOID

Coffee or tea, including decaf
 Alcoholic beverages (including beer)
 Fruit juices
 Caffeinated sodas

ACCEPTABLE SNACKS

Cheese
 Turkey roll-ups
 Hummus and celery
 Mixed nuts
 Hard-boiled eggs

FOODS TO AVOID

Cakes
 Cereal
 Chewing gum
 Bread
 Fresh fruit
 Grains (white rice)
 Hard candies
 Pasta
 Pies
 Potatoes
 Popcorn