



Preparation for a PET/CT scan is as follows:

NON-DIABETIC

Do not eat or drink fluids (other than plain water) for 4 hours prior to your scan appointment time. Drink two 8 oz. glasses of plain water within 2 hours of your injection time. Do not perform excessive workouts 24 hours prior to your PET/CT scan.

DIABETIC

Do not eat or drink fluids (other than plain water) for 4 hours prior to your scan appointment time. Drink two 8 oz. glasses of plain water within 2 hours of your injection time. Eat a light protein based meal and take your insulin just prior to 4 hours before your scan appointment time. Any oral medications for you diabetic condition may be taken at any time. **Please be sure no insulin-based medications are taken within 4 hours of your scan appointment time.** Do not perform excessive workouts 24 hours prior to your PET/CT scan.

ALL PATIENTS

All patients should follow a low carbohydrate diet 24 hours prior to scanning.

Examples of foods to AVOID	Examples of foods that are ALLOWED
SUGARS and CARBOHYDRATES:	PROTEINS, FATS, and VEGETABLES
Fruit / Fruit Juice / Jelly Bread / Rolls / Cakes / Tortillas Rice / Pasta / Barley / Other Grains Hot Cereal / Cold Cereal Soft Drinks / Energy Drinks Yogurt / Ice Cream / Milk Shakes / Milk Chips / Crackers / Popcorn Alcoholic Beverages / Beer / Wine Sweetened Tea Desserts / Candy Pizza dough Breading on Fried Foods Potatoes / Sweet Potatoes / Corn / Onions Carrots / Peas Dried Fruit	Fish or seafood with NO breading Chicken with NO breading Pork with NO breading Breakfast meat including bacon, ham, Canadian Bacon, sausage Beef or other red meat with NO breading Eggs / Cheese Tofu Most Salad Dressings (check label: should be under 5 grams of carbohydrates) Vinegar and oil dressing Non Starchy Vegetables such as lettuce, tomatoes, peppers, green beans, broccoli, cauliflower, asparagus, mushrooms, spinach Butter / Cooking Oils / Mayonnaise

** Please refrain from liquid medications, gum, hard candy or cough drops 4 hours before your appointment time.*

Please be sure to call the clinic if you have any dietary or medication questions prior to your PET/CT appointment at 651-779-7978.

In an effort to ensure you receive the best exam possible, please be sure to follow the patient preparation instructions. Patients with glucose levels above 180mg/dl may need to have their examination rescheduled. **Thank you!**

Over – Sample Menus on back

Sample Menus

WATER: As desired

BREAKFAST

Eggs, any style
Bacon, sausage,
Canadian bacon,
or ham
Water
Plain Decaffeinated
coffee

LUNCH

Steak or fish
Green Salad (with
allowed vegetables
noted above) with
vinegar and oil
dressing **OR** lettuce
wrap made with
iceberg lettuce with
a small amount of
mayonnaise or
mustard rolled with
cheese, lunch meat or
tuna fish

DINNER

Grilled or baked
chicken, steak or fish
Asparagus or broccoli
OR a Green Salad
(with allowed
vegetables noted
above) with vinegar
and oil dressing

SNACK

Cheese or cheese stick
Boiled eggs
Meat slices (turkey,
salami, chicken, etc.)