Instructions to follow before your PET/CT scan:

Following this diet is important for normal distribution of the radioactive glucose (F18-FDG) in your body. Beginning at 4 pm the day prior to your exam, you will need to follow a low carbohydrate/high protein diet. The food items listed below are some suggestions. Most importantly, avoid sugar and other high carbohydrate foods such as white rice, breads, pasta, potatoes, fruits, pastries, and cookies.

On the day of your scan, you must fast for 6 hours prior to the exam (Diabetic patients must fast for 4 hours prior to exam). Although you are asked to fast, you may drink as much water as you wish. Important to drink a lot of water.

Meat (Protein): Any kind of meat as long as it is not battered or breaded, peanut butter, nuts, and eggs

Dairy: cottage cheese, cheese, sour cream or butter

Condiments: Mayonnaise, ketchup, salad dressing & barbeque sauce (those with 3g or less per serving of carbohydrates), oil, vinegar, mustard, hot sauce, tartar sauce, olives, dill pickles

Miscellaneous: Broth, green vegetables, salads

Medications: The morning of your appointment you can take your medicines as long as

they are tolerated on an empty stomach.

Diabetic: If on pills take as usual, if on insulin take as prescribed with meals. Better to eat breakfast and take insulin. Blood sugar needs to be under 200 for this test.

* No exercise or strenuous activity 24 hours before your appointment
* Dress comfortable and warm (preferably no metal on clothes)

