

## PET SCAN PATIENT INSTRUCTIONS

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

**IF YOU ARE A DIABETIC AND ARE INSULIN DEPENDENT OR IF ON FLUID RESTRICTIONS FOR ANY REASON, PLEASE CONTACT THE NUCLEAR MEDICINE DEPARTMENT HERE AT THE RADIOLOGY CLINIC YOU CAN SPEAK WITH JAMES, MARIE OR ROBERTA (345-7000)**

### PREPARING FOR A PET SCAN:

- Expect to spend approximately two hours at the clinic
- Please bring your insurance cards and a photo ID

### THE DAY BEFORE EXAM:

- Drink **80** ounces of water (**just through the day**)  
**(UNLESS ON FLUID RESTRICTED DIET THEN PLEASE CONTACT NUCLEAR MEDICINE DEPT)**
- Do not do any strenuous activity

**PREP INSTRUCTIONS FOR HIGH PROTEIN / NO CARBOHYDRATES DIET:**  
**( All Foods are just an example, any other low carb food is also acceptable)**  
**THE HIGH PROTEIN DIET ALLOWS FOR THE REDUCTION OF**  
**CARDIAC UPTAKE SEEN NORMALLY ON A PET SCAN.**

<b>Main course:</b>	<b>Vegetables:</b>	<b>Dessert:</b>	<b>Drink:</b>
Beef	Broccoli	Peanut Butter	Black coffee
Fish	Asparagus	Cheese	Unsweet tea
Chicken	Cauliflower	Cottage Cheese	Water
Eggs and bacon	Zucchini		Diet drinks
Tuna	Spinach		All drinks caffeine free
	Mushrooms		

### **All green vegetables**

**Each patient needs to avoid the following foods the day before the PET Scan:**

All carbohydrates and sugar	Breads
Potatoes	Beets
Rice	Pasta
Corn	All fruits
Carrots	Juices
Crackers	

### THE DAY OF THE EXAM:

- Drink **20** ounces of water(**UNLESS ON FLUID RESTRICTED SEE ABOVE**)
- You may take your medications prescribed by your physician (**unless you are a diabetic and are insulin dependent**)
- Wear loose fitting, comfortable clothing and avoid wearing metal or jewelry

**THE DAY OF THE PET SCAN - THE PATIENT DOES NOT NEED TO EAT OR DRINK ANYTHING (EXCEPT WATER) FOUR HOURS PRIOR TO THE TEST.**