



«PracticeAddrCSZ» «PracticePhone»

Patient: «PatientFullName»

«CurrentDate»

Account: «PatientNumber»

PET SCAN DIET INSTRUCTIONS

DAY PRIOR TO EXAM:

Take medications as usual.

For Breakfast:

Eggs, bacon, sausage, ham and/or cheese.

For Lunch and Dinner:

Chicken, fish, beef or pork. No bread coating.

Green vegetables: broccoli, Brussels sprouts, asparagus, turnip greens, green beans, cabbage, spinach and a salad (lettuce, tomatoes, cucumber, onions, peppers). Salad dressing low in carbohydrates (blue cheese, oil and vinegar or some other low sugar, low carbohydrate dressing).

DO NOT EAT OR DRINK THE FOLLOWING UNTIL AFTER THE TEST:

COFFEE, TEA, SODAS (NO CAFFEINE AT ALL), POTATOES, BREAD, RICE, PASTA, FRUIT, FRUIT JUICES, OR ANYTHING SWEET.

Drink 6 to 8 glasses of water; no flavored water.

For snacks: Deli meat wrapped with cheese, celery with peanut butter and/or bleu cheese dressing, beef jerky.

DAY OF EXAM:

Take medications as normal as long as you can tolerate them on an empty stomach. Do not take any type of diuretic medication until after the exam; i.e., Lasix, HCTZ, Furosemide, etc.

Only eat breakfast four (4) hours prior to exam: Eggs, bacon, sausage, ham and/or cheese. Only drink water. At least two (2) glasses of water prior to exam.

Only wear clothes without metal and/or zippers. Please wear elastic waist pants, if possible and no jewelry.

PET Scan will take a total of three (3) hours to complete.

DIABETIC PATIENTS:

Patient can take medications the day prior to exam. If sugar level drops low, eat six (6) peanut butter crackers with water. Test blood sugar level after 15 to 20 minutes. If level does not rise, check again in 30 minutes after eating crackers. Only drink orange juice or candy in case of emergency.