

YOU ARE SCHEDULED FOR A
PET/CT SCAN

ENCLOSED ARE THE INSTRUCTIONS YOU ARE TO
FOLLOW PRIOR TO YOUR TEST

YOUR TEST IS SCHEDULED FOR:

IF YOU HAVE ANY CONCERNS, OR QUESTIONS,
PLEASE FEEL FREE TO CALL (909)478-9192,
AND ASK TO SPEAK TO A NUCLEAR MEDICINE
TECHNOLOGIST

THANK YOU

PET/CT PATIENT INSTRUCTIONS

1. Do not exercise for 24 hours before your exam.
2. Follow a no carbohydrate diet starting at noon the day before your exam (sample diet to follow).
3. **NO FOOD OR DRINK AFTER MIDNIGHT.** You may drink water at any time.
4. Please do not chew gum, eat/suck on hard candy, use breath mints, or take cough medicine the morning of your exam.
5. You may take any medications that you need to take with water only.
6. If you are an insulin dependant diabetic, you may take your insulin, and have a light diabetic breakfast. **NO INSULIN TO BE TAKEN 4 HOURS PRIOR TO THE SCAN. NO FOOD 4 HOURS PRIOR TO THE SCAN.** Try to keep your blood sugar level below 150. If blood sugar levels are too high, your exam may need to be rescheduled. If you are on oral medication for your diabetes, please bring it with you to take after your scan.
7. If requested, please bring any CT or MRI films with you on the day of your test.
8. Please wear warm, comfortable, metal-free clothing (no underwire bras). Pants With elastic waists are best.
9. You will be at our facility for a total of 2 ½ hours.

NON-CARBOHYDRATE DIET

Please start your diet at noon the day before your scan, **unless** otherwise instructed.

Choose foods from the list below for meals and snacks:

- Beef, veal, chicken, pork, turkey, fish, or seafood (unbreaded).
- Eggs / egg substitute scrambled (with water, **not** milk), fried or boiled.
- Nuts – except honey coated.
- Butter, margarine, oil
- Diet soda (limit to 1 calorie)
- Coffee or tea (black or with sugar substitute, or unsweetened whipping cream).
- **DO NOT USE NON-DAIRY CREAMER – EITHER LIQUID OR POWDER**
- Do not use any condiments that contain sugar (example – ketchup)

DO NOT eat or drink any of the following items:

- Bread, cereal, rice, pasta, etc.
- Vegetables
- Fruits
- Dairy products
- Alcoholic beverages

If you have any questions, please call (909) 478-9192, and ask for the PET scheduler.