

PET/CT PATIENT PREP INSTRUCTIONS

Day BEFORE Scan Preparation:

- ✓ It is highly recommended that you follow a high protein, low carbohydrate diet beginning the day before your test to increase the quality of your PET/CT images.
 - **Recommended foods:**
 - Proteins: you may eat any type of meat (bacon, beef, chicken, ham, hot dogs, pork, salami, sausage, venison, canned meat) or seafood (clams, fish, lobster, scallops, and shrimp). Eggs, cheese, cottage cheese and nuts.
 - Vegetables: you may eat low-carbohydrate vegetables such as asparagus, cabbage, cauliflower, celery, chilies, cucumbers, green or wax beans, green peppers, lettuce, mushrooms, olives, onion, tomatoes, summer squash, spinach and turnips.
 - Fats: butter, margarine, oil, mayonnaise, cream and Italian salad dressing.
 - **Foods to avoid:**
 - Carbohydrates: refined sugar, sweeteners, fruits, raisins, beets, carrots, corn, kidney beans, peas, yams, cereal, rice cakes, breads, muffins, tortillas, potatoes, pretzels, chips, rice, granola, oatmeal, pasta, sodas, fruit juices and flavored water.
- ✓ Avoid strenuous activity and exercise 24 hours prior to your appointment.
- ✓ **Diabetic Patients:** Stable blood sugar levels are crucial for your PET/CT scan. Managing your diabetic needs is more important than the strict adherence to the recommended dietary instructions. Please contact our department if you have any questions regarding your diet.

Day of Scan Preparation:

- ✓ No food or drink (other than plain water) for **6 hours prior to injection** (including gum, breath mints, cough drops, hard candy or anything that may contain sugar).
- ✓ Take your medications as scheduled prior to your scan as long as they are tolerated on an empty stomach.
- ✓ Wear warm, loose-fitting, metal-free clothing (no jewelry, zippers, and hair pins/clips).
- ✓ You may drink **ONLY** water on the day of your exam. It must be plain, unflavored water, no tea or coffee. Anything other than plain water may alter the results of your scan.

Diabetic Patients: Your blood sugar level must be below 200mg/dL in order to be able to have the exam. If possible, it is recommended to check your sugar levels prior to coming in for the scan.

Patients will be injected in a "quiet room", where they will wait approximately 60 minutes for it to get absorbed into the body. Scan time will range anywhere from 25-45minutes depending on the diagnosis. The whole procedure should take about 2 hours.

For more detailed exam information please visit us at www.garnethealth.org/petct.

If you have any questions please feel free to call scheduling at (845) 333-7900 or the PET/CT department at (845) 333-7245