

PET/CT SCAN Preparation

NO

As of 5:00 PM the day before the exam:

NO Sugars

- Bakery Sweets (cake)
- Candy
- Juices
- Sodas
- Fruits
- Anything with sugar.

NO Carbohydrates

- Rice
- Pasta
- Bread
- Potato
- Crackers / Cereals
- Some Vegetables
- Milk / Dairy
- And more...

YES

As of 5:00 PM the day before the exam:

PROTEIN DIET:

Examples of foods allowed:

- Seafood
- White-Meat Poultry (Chicken)
- Eggs.
- Meats / Ham / Beef / Bacon / Pork
- Green vegetables: spinach, broccoli and lettuce.
- **Hydrate well** - Drink plenty of water the day before exam and day of exam prior to arrival.
- **Fasting Required** after midnight or **5 hours** before appointment.
 - Example 1: If appointment is at 8:00 AM, patient will fast after midnight.
 - Example 2: If appointment is at 11:00 AM, patient can eat a protein breakfast before 6:00 AM (5 hours before)
- **Diabetic Patient Only:** Insulin injection/pill is allowed **5 Hours** prior to exam.

*****Only Blood Pressure medication is allowed the day of exam*****