

The day before your PET/CT Scan

- Consume normal diet until dinner time meal
- A **High Protein/Low Carb Diet** must be followed from your dinner time meal until midnight, unless otherwise instructed.
- **High Protein Examples-** Any meats (Beef, Chicken, Seafood), Eggs, non-starchy vegetables such as salad, green beans, and cauliflower, etc.

DO NOT consume starchy or carbohydrate containing foods/drinks such as breads, rice, pasta, potatoes, desserts, fruits/ fruit juices, candy, sodas or any other sugar/carbohydrate containing foods.

Again, during this time limit your diet to include foods that are high in protein, but **MOST** importantly low in carbohydrates.

The day of your PET/CT Scan

- Do not consume **ANY** foods, unless otherwise instructed. This includes gum, mints, etc. You may brush your teeth in the morning.

Water –You may consume as much water as you would like at any time. You may only consume water without any additives such as flavorings, etc. Please stay hydrated as it does help to improve the quality of your scan.

Medications- DO NOT take any medications related to diabetes the morning of your PET Scan. Take all other necessary medications, except those containing sugar, with water only. If you have any questions regarding medicines, please call us.

If you are Diabetic

- **DO NOT** take any medications related to diabetes the morning of your PET Scan. You may take diabetic medications as prescribed the day prior to your PET/CT scan. You may also take diabetic medications following your PET Scan.
- If you have the ability, please check your blood sugar before arriving for your PET Scan. If your blood sugar is over 200, it can result in a low quality scan and you will need to be rescheduled. If needed, we are happy to check your blood sugar upon arrival.

General Information

- Dress warm, comfortably, and leave jewelry and valuables at home.
- If you have some degree of claustrophobia, notify our department prior to your arrival.
- A technologist will be calling you the day prior to your exam to confirm preparation. If you should have any further questions, please call us at 234-7600 and ask to speak to the Nuclear Medicine/ PET Scan Department.
- If needed, additional copies of this form can be found on our website:

www.craimaging.com