



PATIENT INFORMATION: PET SCAN

PET Scan Preparation:

- **On the day before the exam, you may consume a normal diet up until dinner time. Dinner should consist of non-starchy vegetables (such as salad, green beans and cauliflower) and meat, fish or chicken. Do not eat any starchy carbohydrates.....this includes pasta, rice, potatoes, breads, cakes, etc.**
- **DO NOT eat or drink anything after midnight except for water. NO chewing gum, cough drops, candy or mints. You may brush your teeth. You may have water in the morning.**
- **If you are diabetic, you should be scheduled for an early morning time slot so that you are fasting for the least amount of time. Your blood sugar needs to be below 200 in order to proceed with the exam. Do not take any diabetes medicine – including insulin – the morning of the exam.**
- **Take all necessary medications, except those containing sugar or any diabetic medications, with water only. If you have any questions regarding medicines, please call us.**

General Information:

- **A technologist will be calling you the day prior to your exam to confirm the preparation. If you should have any further questions, please call us at 234-7600.**
- **Please leave jewelry and valuables at home.**

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