

# Patient Prep Instructions for Positron Emission Tomography (PET)

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## POSITRON EMISSION TOMOGRAPHY (PET) PREP

- If you are having a **PET scan** on your bones or heart, there are no preparations prior to your scan.
- If you are having a **PET Brain exam**, the prep is high carbohydrates and low protein the day before the exam.

## The Day Before The Exam On All Other PET Exams

- Please follow the above dietary guidelines 24 hours prior to your appointment.
- Do not engage in strenuous exercise and do not chew tobacco or gum.
- Following a low carbohydrate diet is important!

### Foods Allowed:

- All meats (unbreaded)
- Seafood (unbreaded)
- Eggs
- Tofu
- Unsweetened peanut butter
- Oil
- Butter
- Margarine
- Non-starchy vegetables (for example: green beans, broccoli, spinach, zucchini, and lettuce)

### Foods NOT Allowed:

- All cereals
- Grains and breads
- Pancakes
- Pastries
- Pasta
- Potatoes
- Corn
- Peas
- Rice
- Dry beans
- Sugars
- Candy
- Jams and jellies
- Berries
- Fruit
- Fruit juices
- Honey
- Syrup
- Milk
- Non-dairy milk
- Salad dressings
- Gravies
- All alcoholic beverages
- Any food with more than 5 grams of carbohydrates per serving listed on the label

## What To Expect The Day Of The Exam

Continue to drink plenty of water but **do not eat** any food or drink coffee. Do not smoke or chew tobacco or gum. Please take any regular medications with water **ONLY**. When you arrive you will check in at the front desk. A tech will then escort you to a quiet room to begin your study. At this time you will be injected with a radioisotope and will be asked to relax quietly for approximately 1 hour. After this period, you will be moved to the scan room to complete the study. The scan is completed in segments and will take 45–90 minutes.

## Results

Results will be read by our radiologist and a report will be faxed to your physician's office within 24–48 hours.

## Questions

Feel free to call us at 330-1220 (East Anchorage/Debarr) or 357-1220 (Mat-Su/Bogard in Wasilla) with any questions you may have. You will also find general information on our website: [www.imagingak.com](http://www.imagingak.com).