

PET/CT Patient Prep Instructions

24 hours prior to your exam (day before)

- Do not engage in strenuous exercise including: running, weight lifting, housework, snow removal.
- Follow a high protein, low carbohydrate diet
- Drink plenty of water
- No chewing gum
- Please refrain from smoking & nicotine products. At least 6 hours prior to exam.

Foods Allowed:

- > All meats (un-breaded)
- > Seafood (un-breaded)
- > Eggs, tofu, unsweetened peanut butter
- > Butter, Margarine, oil, mayonnaise, vinegar
- > Vegetables: on-starchy, green beans, broccoli, spinach,
- > Zucchini, lettuce, celery,
- > Mushrooms, bell peppers

Foods NOT ALLOWED:

- > Breads, pastries, cereal, pasta, muffins, sugar, candy
- > Potatoes, rice, pizza, pretzels, chips
- > All Fruit: tomatoes, fruit juices, jams, jellies
- > Honey, Syrup, dressings, gravies
- > Soft drinks, milk, soy milk, tonic water, & flavored water
- > Alcohol, energy & sport drinks
- > Starchy vegetables: corn, lima beans, soy beans, peas,
- > Yams, carrots

Day of the exam:

- **NO Food, WATER ONLY!**
- **Diabetic Patients:** *Please refer to Diabetic PET/CT Patient Prep instructions located online.*

What to Expect the Day of the Exam:

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 that 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 approximately 2 ½ hours.

After your exam:

- You can eat, drink and resume your normal activities after your exam is completed.
- We recommend you to minimize contact with pregnant women and children for 6-8 hours after exam is finished.

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 222-4624 Piper with any questions you may have.