

PATIENT INSTRUCTIONS for PET/CT SCAN

The PET scan shows certain cells in your body that take up sugar (glucose) to a greater extent than other cells. The images are greatly affected by the level of sugar in your blood, **so the diet you eat the day before the scan makes a BIG difference in the quality of the exam we acquire. It is important for you to follow these diet instructions closely.**

Notes for Diabetics

- The diet outlined below is safe, particularly for a one-day period, for most diabetics or patients with high cholesterol.
- If you are a diabetic, proper management of your blood sugar level is more important than strict adherence to this diet.
- If you have any questions regarding this diet and taking (or not taking) your medication, please contact your nurse.
- See additional instructions regarding insulin use on page 2.

Beginning NOON ON THE DAY BEFORE YOUR SCAN.

DRINK WATER

- Drink lots of water, the MORE THE BETTER, the day before your exam. Drink at least 6 glasses, 8 oz. each.
- **Yes**, you may drink some water during the 6 hours immediately before your procedure.

DIET DOs

You are to follow a low sugar, low carbohydrate diet as outlined below.

- You **MAY EAT** non-breaded meat and entrées, such as:
 - Grilled or pan-broiled steak
 - Baked, broiled, or boiled chicken
 - Grilled or baked fish or shrimp, with or without butter
 - Side items **without carbohydrates**, such as grilled or steamed asparagus, broccoli, tomatoes, sautéed mushrooms, and/or green vegetables
- Use only regular Italian or vinegar and oil salad dressing. (No Lite or fat free dressings)
- You may eat butter or margarine.

DIET DON'Ts

- Do not use cheese or gravy.
- Do not use croutons, or any “white” salad dressings (Ranch, etc)
- Do not eat the following foods:
 - Carbohydrates such as potatoes, pasta, rice, beans, peas, soy products, fruit or fruit juices, chips or bread.
 - Dairy products (milk, cream or cream substitutes, ice cream, cheese, yogurt, cheese dip, whipped cream, etc.)
 - Do not eat diet ice cream, ice milk, Cool-Whip, or other diet dairy products.

Breakfast ON THE DAY OF YOUR SCAN

You may eat breakfast the morning of your scan only if it is eaten **MORE THAN SIX (6) HOURS BEFORE YOUR SCAN.** For example, if you are scheduled for an 11 a.m. scan, you must eat **before 5 a.m.**

- For Breakfast, You May Eat: Any style eggs, bacon, sausage, **BLACK** coffee, and water.
- Do Not Eat: breads, fruits, fruit juices or coffee additives.

Beginning SIX (6) HOURS BEFORE YOUR SCAN APPOINTMENT

- **Do not EAT or DRINK anything except WATER for the six (6) hour period before your scan. This is very important. (This includes coffee, diet cough syrup, cough syrup, chewing gum, candy and breath mints).**

OTHER INSTRUCTIONS

1. Wear clothing with no metal (no snaps or zippers). Do not wear coveralls. Please leave jewelry at home.
2. **DO NOT take any medications that require food within six (6) hours** before your scan.
 - Contact your nurse if this is a concern.
3. **DO NOT take any diuretic** medication (water pill) within six (6) hours before your scan.
 - Contact your nurse if this is a concern.
4. **DO NOT take insulin within 4 hours** prior to your scan.
 - Long-acting insulin should not be taken starting the night before your scan.
 - If this causes a problem, you must do what is medically necessary for you.
 - **Glucose level needs to be between 80-200 mg/dl, in order to do the scan.**
5. Diabetic oral medications can be taken the morning of the test except for the following drugs: **Diabinase** (Chlorpropamide), **Dymelor** (Acetohexamide), **Orinase** (Tolbutamide), **Tolinase** (Tolazamide), **Glucatrol** (Glipizide), **Gucatrol XL** (Glipizide), **Micronase/Diabeta/Glynase** (Glyburide), **Amaryl** (Glimepiride).
6. **DO NOT exercise within 24 hours** prior to your scan.
7. **DO NOT use tobacco or nicotine products for 6 hours** prior to your scan, for the best scan results.
8. **DO NOT bring children with you. You should remain at least ten (10) feet away from children and pregnant women for eight (8) hours after receiving the scan dose.**
9. You will be lying on the scan table for about 30 minutes. You must remain very still during this time.
 - If you are in **pain** or **claustrophobic** and need medication to help you relax, call your physician for a prescription **and bring the medication with you.** You will need someone to drive you home if you are medicated.
10. Oncology and Brain scans will take about 2 hours. Melanoma studies require 2 ½ hours.
11. After the procedure, drink a lot of fluids and urinate often for the remainder of the day.