

DIET 24 HOURS BEFORE SCAN: *(Unless on a special diet by your physician)*

A diet low in sugar and caffeine prior to the PET scan will enhance the quality of the films. We recommend a diet high in protein, with no carbohydrates, 24 hours before the scan (no sugars, pasta, rice, potatoes, bread or fruit/fruit juices).

Below is a list of suggested meals.

Breakfast:

- 2 eggs, any style
- Bacon or sausage
- Decaffeinated black coffee

Lunch/Dinner:

- 8oz. grilled, baked, or broiled steak, chicken, or salmon
- Green vegetable, mushrooms, asparagus, or broccoli
- Complement above items with cheese
- Caffeine-free, sugar-free beverages or water

Dessert/Snacks:

- Salami slices or cheese
- Lettuce salads with ranch dressing (not light dressing)
- Caffeine-free, sugar-free beverages or water

Do not consume any of the following:

- Sweetened soft drinks, breads, pasta, potatoes, or rice
- If it tastes sweet, DO NOT eat it

- 6 hours prior to scan do not eat or drink anything except plain water!
- Do not chew gum for 24 hours prior to your exam!
- No nicotine or caffeine 12 hours prior to your exam!
- Drink 24 ounces of water 2 hours before your scheduled scan time!
- If you are receiving sedation, you will need a driver and someone to stay with you for the duration of the appointment!

Should you have any questions or concerns about your appointment, please give the PET Center a call at 1-800-500-4014. If needing to reschedule your appointment please call the Imaging Center at NMC Health Medical Center at 316-804-6170.

Diabetic Patients:

- Stop insulin 6 hours prior to exam
- Check your blood sugar prior to arrival for exam.
- If your blood glucose level is over 200, please call the Imaging Department and re-schedule.