

PET SCAN



PATIENT DIETARY GUIDELINES

A diet low in sugar, carbs and caffeine prior to the PET scan will enhance the quality of your films. We recommend a diet high in protein 24 hours prior to the scan. The following is a list of suggestions and guidelines leading up to your appointment. Please note the day of your scan you are not to eat or drink anything except for water 6 hours prior. A radiology staff member will contact you two days prior to confirm your appointment and answer any questions you may have.

DIET SUGGESTIONS

BREAKFAST

- Eggs, any style
- Bacon or sausage with cheese
- Decaffeinated black coffee or water

LUNCH/ DINNER

- Any size grilled, baked or broiled steak, beef, chicken or salmon
- Green beans, mushrooms, asparagus, spinach, broccoli or salad with sugar-free or oil based dressing
- Caffeine-free, sugar-free beverages or water

SNACKS

- Salami, lunch meat slices, cheese

AVOID

- Sweetened and/ or caffeinated soft drinks, teas, coffee or juices
- Carbs including breads, pasta, rice, potatoes, corn, cereal or dry beans
- Fruit, jelly or smoothies
- Our tip to you: If it tastes sweet, do NOT eat it

THE DAY OF YOUR SCAN

- Do not eat or drink anything except plain water within the 6 hours prior to your scan
- Do not chew gum, eat mints or candy
- Drink 24 ounces of water, minimum, prior to your scan time
- Take all medications as usual, with water only (If you are diabetic you will receive special instructions before your scan)



***No nicotine 24 hours prior to your scan**

