

PET/CT Scan Patient Information

Things to Know:

- A PET/CT scan appointment takes approximately 1 ½ - 2 hours.
- Please wear warm, comfortable clothing without metal zippers or buttons.
- **No extraneous exercise 24 hours prior to the exam.**
- PET/CT scan results are usually available to the ordering physician in 24 – 48 hours.
- If you are **breastfeeding or pregnant**, please tell your doctor and contact the PET/CT department prior to your appointment (971)-708-7600

The Day Before your PET/CT Scan:

- **Please eat high protein, under 5 grams of carbohydrates, no sugar meals.** See below for foods that are allowed/foods to avoid.
- *Your last meal should be consumed no later than 8pm.*
- *Please do not drink any caffeine (Coffee, tea, energy drinks, etc.)*

The Day of your PET/CT Scan:

- You must be fasting 6 hours prior to your scan, if you choose to eat something prior to the 6-hour fast it needs to be low in carbs and high in protein (see below for foods that are allowed/foods to avoid).
- You may drink regular water throughout the day. **ABSOLUTELY NO COFFEE, DECAF COFFEE, SODA, DIET SODA, JUICE, TEA, ETC. PRIOR TO YOUR EXAM.**
- **No exercise!** Please do not bike or run to your appointment.
- **DO NOT chew gum the day of your exam. SUGAR FREE GUM, TIC-TACS, AND BREATHMINTS ARE NOT ALLOWED.**
- You may take your daily medications with water.

Diabetic Patients:

- 4 hours prior to your appointment time, you may have a small, low carb high protein breakfast. (See foods that are ALLOWED/foods to AVOID).
- You may drink regular water throughout the day. **ABSOLUTELY NO COFFEE, DECAF COFFEE, SODA, DIET SODA, JUICE, TEA, ETC. PRIOR TO YOUR EXAM.**
- Please take your daily medication but do not take your diabetic medication. Diabetic medication including insulin or metformin will counteract with the PET/CT Scan.

Examples of Foods that ARE ALLOWED:

PROTEINS AND VEGETABLES

- Fish, seafood, all meats and poultry (with NO breading)
- Eggs, cheese or cottage cheese, tofu, unsweetened nuts
- Oils, butter and most salad dressings (check label for under 5 grams of carbs, i.e.: Italian, oil and vinegar)
- Non-starchy vegetables (all vegetables except for the starchy vegetables listed below)

Examples of foods to AVOID:

SUGARS AND CARBOHYDRATES:

- Fruit, dried fruit, jams and jelly, desserts of any kind
- Bread of any kind, tortillas, rice, beans, pasta, pizza dough, anything breaded
- Soft drinks (regular and diet), coffee, tea, energy drinks, alcohol, juice
- Honey, sugar, milk, yogurt, cereal, oatmeal, chips, crackers, popcorn
- Starchy vegetables: corn, peas, potatoes and winter squash
- **Cough syrups and drops** may contain sugar, which could influence your scan. Please **notify us** if you are taking a **cough suppressant**.

***Please refrain from chewing gum or mints on the day of your scan**

► *Any questions about medications and prescriptions need to be discussed with the ordering physician's office.*

High Protein, Low Carbohydrate Meal Examples

*****Drink Plenty of water throughout the day! No flavorings or flavored bubble water*****

Meal Example A

Breakfast: Scrambled Eggs, bacon, and tomatoes
Lunch: Grilled chicken salad (dressing under 5 grams of carbs).
Dinner: Salmon with steamed vegetables
Snacks: Hard boiled eggs, cucumbers

Meal Example B

Breakfast: Steak and eggs
Lunch: Cobb salad (dressing under 5 grams of carbs).
Dinner: Grilled chicken and steamed asparagus
Snacks: Cottage cheese, small salad

Meal Example C

Breakfast: Vegetable scramble with cheese
Lunch: Burger without the bun and a side salad
Dinner: Chopped salad with fish (dressing under 5 grams of carbs).
Snacks: Cheese, cherry tomatoes, bell peppers

Persons with Diabetes

Before your 4 hour fast have an egg, cottage cheese, or a piece of meat.
Remember to make it small!