

PET/CT Imaging

PATIENT PREPARATION FOR BEST RESULTS

FOR QUESTIONS CALL (503)681-1091

INSTRUCTIONS AND REQUIREMENTS FOR ALL PATIENTS

YOUR BLOOD SUGAR MUST BE BELOW 180 TO BE ABLE TO COMPLETE THE SCAN.

- **No food or drink (other than water) for 6 hours prior to scan** (including gum, breath mints, cough drops, hard candy or anything that may contain sugar). *Diabetic s may have exceptions. See below.
- On the day of the scan, you may drink ONLY water up to the time of your scan. It must be plain, unflavored water, no tea or coffee. Anything other than plain water could alter the results of your scan.
- It is necessary for you to follow a high protein, low carbohydrate diet for 24 hours prior to your test. This will insure that you have a normal blood sugar level, and increase the quality of your images.
- No strenuous exercise 24 hours prior to your scan.
- Take medications as scheduled prior to your scan as long as they are tolerated on an empty stomach.
- Wear warm, loose-fitting clothing; the scanning room tends to be quite cool. You will NOT be required to remove the clothing prior to the scan.
- Avoid wearing any metal which cannot be removed during the scan (including underwire bra, jewelry and hair pins/clips).
- Allow 2 hours for your appointment. For the scan itself you must be able to lay still and mostly flat for about 30 minutes.
- If you need pain or anxiety medication, take medication prescribed by your physician 1 hour before the scan.

*DIABETIC PATIENTS ADDITIONAL INSTRUCTIONS:

Your Blood Sugar must be below 180 to be able to complete the scan. To achieve this:

- Diabetics who take ORAL medications should wait until the scan is completed to take them. If your scan is scheduled after 12pm, you should have a light meal and take your medicine **AT LEAST 4 BUT NO MORE THAN 6 HOURS PRIOR TO SCAN TIME.**
- Insulin dependent diabetics should fast and not take insulin. If your scan is scheduled after 10 am, you should have a light low carb breakfast and half of your insulin dose **AT LEAST 4 HOURS PRIOR TO SCAN TIME.** You should bring the other half of the insulin dose with you to have after the scan is done.

THE DAY BEFORE YOUR PET/CT SCAN

Follow this high protein / low carbohydrate diet.

Breakfast	Lunch	Dinner
2 eggs any style	Entrees (choose one)	Entrees (choose one)
bacon or sausage	8 oz grilled. steak, or	8 oz. grilled steak, or
water	½ a baked or broiled chicken, or	½ a baked or broiled chicken, or
No Juice	8 oz grilled salmon fillet	8 oz grilled salmon fillet
No toast or potatoes	Side items (choose one)	Side items (choose one)
	grilled or steamed asparagus or broccoli, sautéed mushrooms or any type of green vegetable salad	grilled or steamed asparagus or broccoli, sautéed mushrooms or any type of green vegetable salad
	Dessert - cheese & salami slices	Dessert - cheese & salami slices

FOODS TO AVOID: Refined sugar, all fruits, raisins, beets, carrots, corn, kidney beans, peas, yams, cereal, rice cakes, all breads, muffins, tortillas, potatoes, pretzels, chips, rice, granola, oatmeal, pasta, all sodas, all fruit juices.