

# Patient Preparation & Instructions



The following instructions are designed to optimize the diagnostic value of your exam and should be followed closely.

If you are diabetic, please call our office for individual instructions.

## PET & PET/CT SCANS

24 hours before your exam follow a **low sugar diet**. Do not consume anything that has processed or natural sugars. Do not perform any strenuous exercise 24 hours before your appointment.

### Examples of foods not to eat:

- Processed sugar such as cake, pie, cookies, candy, jam/jelly, syrup of any kind, regular soda, etc.
- Any fruit or fruit juice; this includes canned, fresh, or dried fruit.
- Bread, tortillas (corn and flour), pasta, cereal, milk, peas, carrots, corn, beets, and cured meat such as bacon, sausage, ham, and any prepackaged deli/ lunch meat.
- No alcohol of any kind.

### Examples of foods that you may eat:

- Meats such as beef, chicken, and fish.
- Vegetables (except those listed to the left).
- You can have rice, potatoes, any hard cheese, cottage cheese, and eggs.
- You can drink as much water as you want .
- Drinks that are sweetened with artificial sweeteners and black coffee.

Plan on being in our office for approximately **3 HOURS**. We will contact you one to two days before your appointment to review these instructions as well as answer any questions you may have.

## DIAGNOSTIC CT SCANS ONLY

You do not have to follow the low sugar diet.

### Oral Contrast Instructions:

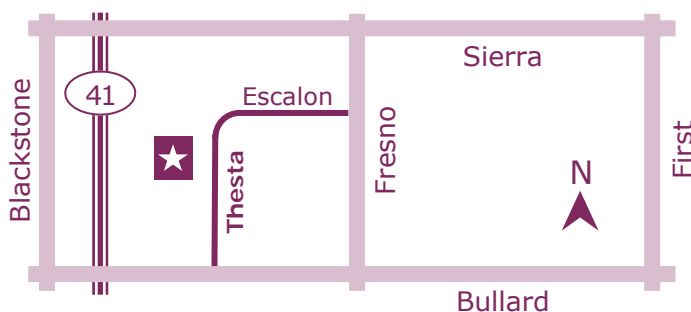
If you are having a CT of your abdomen or pelvis, you will need to arrive an hour and fifteen minutes before your scheduled scan time. You will need to drink 2 bottles of oral contrast. You will receive one bottle when you arrive in our office and the second you will receive 30 minutes before your scan time.

## ALL PATIENTS FOR ALL EXAMS

**Four hours prior to your appointment you must stop eating.** Do not drink anything besides water four hours prior to your appointment. You may still take any and all of your regular medications you normally take.

**Please dress warmly and wear comfortable clothing.** Try to wear as little metal as possible such as jewelry, snaps, belt buckles, and under wire bras.

**Patients who are pregnant or breastfeeding should not undergo imaging.** Please notify us if you are pregnant , possibly pregnant or breastfeeding when you call to schedule your appointment.



Your appointment is scheduled for:

Date: \_\_\_\_\_

Time: \_\_\_\_\_