

Preparation for a PET Scan Exam

Exam time: 2-3 hours

PET scans require careful preparation, so **please follow instructions carefully.**

If you are diabetic, please consult your doctor for questions regarding diet and medication.

- **24 hours prior to your appointment:**
 - Refrain from consuming any caffeine, including any decaffeinated products for 24 hours prior to your exam. **Note:** Decaffeinated products still contain small amounts of caffeine.
- **12 hours prior to your appointment:**
 - Stay on a low-carbohydrate diet. (See guide on what to eat.)
 - Do **NOT** engage in any strenuous exercise.
 - Do **NOT** chew gum.
 - Avoid mints.
- **6 hours prior to your appointment:**
 - Do **NOT** eat *anything*.
 - Drink several glasses of water (2-6).
 - Take any prescribed medications as usual.
 - If you need to eat, please stick to a small protein-only meal.

Low-Carbohydrate Diet Guide

Foods allowed: Protein

- All meats
- Hard cheeses
- Unsweetened peanut butter
- Diet soda (be careful to avoid caffeinated and decaffeinated sodas.)
- Tofu
- Eggs
- Oil, margarine, butter
- Non-starchy vegetables (such as: broccoli, spinach, green beans.)

Foods **not** allowed: Carbohydrate

- Cereals
- Pasta
- Dry beans
- Fruit and fruit juices
- Sugar and candy
- Starchy vegetables (such as: peas, corn, potatoes)
- Alcohol
- Breads
- Rice
- Gravies
- Jams and jellies
- Honey
- Milk (including non-dairy milk)
- Coffee or Tea