



## **PET/CT SCAN PATIENT INSTRUCTIONS**

**IF YOU ARE DIABETIC AND ARE INSULIN DEPENDENT, OR ON FLUID RESTRICTIONS FOR ANY REASON, PLEASE CONTACT THE NUCLEAR MEDICINE DEPARTMENT HERE AT THE RADIOLOGY CLINIC YOU CAN SPEAK WITH JAMES (205-345-7000)**

*Due to the expensive and individual nature of the medicine used, cancellations **MUST BE** made by 5PM the day before the exam.*

### **PREPARING FOR A PET/CT SCAN:**

- Expect to spend approximately two hours at the clinic
- Please bring your insurance cards and a photo ID

### **THE DAY BEFORE EXAM:**

- Drink **80** ounces of water **throughout the day**  
*(Unless on fluid restricted diet, then please contact nuclear medicine dept)*
- Do not do any strenuous activity.

### **PREP INSTRUCTIONS FOR HIGH PROTEIN / NO CARBOHYDRATES DIET:**

THE HIGH PROTEIN DIET ALLOWS FOR THE REDUCTION OF CARDIAC UPTAKE SEEN NORMALLY ON A PET SCAN.

*(All Foods are just an example; any other no-carb food is also acceptable)*

#### **Main course:**

Beef  
Fish  
Chicken  
Eggs and bacon  
Tuna

#### **Vegetables:**

Broccoli  
Asparagus  
Cauliflower  
Zucchini  
Spinach  
Mushrooms  
**All green vegetables**

#### **Dessert:**

Peanut Butter  
Cheese  
Cottage Cheese

#### **Drink:**

Decaffeinated Black coffee  
Decaffeinated Unsweet Tea  
Water

### **Each patient needs to AVOID the following foods the day before the PET Scan:**

All carbohydrates and sugar	Breads
Potatoes	Beets
Rice	Pasta
Corn	All fruits
Carrots	Juices
Crackers	

### **THE DAY OF THE EXAM:**

- Drink **20** ounces of water **(UNLESS ON FLUID RESTRICTED, SEE ABOVE)**
- Wear loose-fitting, comfortable clothing and avoid wearing metal or jewelry

### **THE DAY OF THE PET SCAN – ONLY WATER (20OZ.)**