



PET SCAN PATIENT INSTRUCTIONS

Due to the expensive and individual nature of the medicine used, cancellations MUST BE made by 5:00 the day before exam.

IF YOU ARE A DIABETIC AND ARE INSULIN DEPENDENT PLEASE CONTACT THE NUCLEAR MEDICINE DEPARTMENT HERE AT THE RADIOLOGY CLINIC. YOU CAN SPEAK WITH JAMES AT (205) 345-2563.

PREPARING FOR A PET SCAN:

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

PREP INSTRUCTIONS FOR HIGH PROTEIN / NO CARBOHYDRATES DIET:

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

Main course:	Vegetables:	Dessert:	Drink:
Beef	Broccoli	Peanut Butter	Black coffee
Fish	Asparagus	Cheese	Unsweet tea
Chicken	Cauliflower	Cottage Cheese	Water
Eggs and bacon	Zucchini		
Tuna	Spinach		
	Mushrooms		

Each patient needs to avoid the following foods the night before the PET Scan:

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

THE DAY BEFORE EXAM:

- Drink **80** ounces of water (**just through the day**)
- Do not do any strenuous activity

THE DAY OF THE EXAM:

- Drink **20** ounces of water
- You may take your medications prescribed by your physician (**unless you are a diabetic and are insulin dependent**)
- Wear loose fitting, comfortable clothing and avoid wearing metal or jewelry

THE DAY OF THE PET SCAN - THE PATIENT DOES NOT NEED TO EAT OR DRINK ANYTHING (EXCEPT WATER) FOUR HOURS PRIOR TO THE TEST.