

Patient Name: _____

Appointment Date: _____ Time: _____ AM / PM

Prep for All PET/CT Scan Patients (If you have diabetes, see additional information below)

(see reverse side of form for acceptable foods and drinks)

- No food 6 hours prior to study
 - All patients should arrive well hydrated with plain water. We encourage patients to drink plenty of water the day of the exam. (plain water only)
 - Wear warm, loose fitting clothing with as little metal as possible (sweat suits are ideal)
 - Rings and watches are okay but other jewelry and piercings need to be removed
 - No exercise or repetitive/vigorous activity 24 hours prior to exam. This includes yard work, sports, hunting, etc.
 - May take regularly scheduled medications if able to tolerate on an empty stomach
 - No chewing gum, candies, or breath mints on the day of your exam
 - To get best results, completely avoid sugar and caffeine the day of the exam and limit sweets and starches for 24 hours (NO sugar, potatoes, bread, rice, pasta)
 - Must be able to lie flat on back for at least 20 minutes*
- *A diagnosis of melanoma may require the patient to lie on his/her back for 30 minutes

Patients with Diabetes

(see reverse side of form for acceptable foods and drinks)

Non-Insulin Dependent

- Day prior to exam follow low-carb, high-protein diet (see reverse side for sample diet)
- No strenuous activity for 24 hours prior to exam
- The day of exam: No food, caffeine or chewing gum (even sugarless) 4-6 hours prior to exam
- All patients should arrive well hydrated with plain water. We encourage patients to drink plenty of water the day of the exam. (plain water only)
- Take medications as usual morning of exam

Insulin Dependent

- Goal is blood sugar level less than 200 at time of exam
- Day prior avoid sweets and starches (see reverse side of form for sample diet)
- Day prior avoid strenuous activity
- MUST have light, low-carb meal 4-6 hours prior to exam
- Take insulin with meal at least 4 hours prior to exam
- All patients should arrive well hydrated with plain water. We encourage patients to drink plenty of water the day of the exam. (plain water only)
- No food, caffeine or chewing gum (even sugarless) until after exam
- If using an insulin pump, PET/CT technologist will consult with you for best protocol

Note: Other factors affecting PET/CT Scans:

- No oral barium contrast studies within 48 hours of PET/CT (i.e. CT with oral contrast, upper gastrointestinal UGI, video swallow)

BREAKFAST

- **Sample 1:**
Eggs any style, sausage or bacon, low-fat plain yogurt (without fruit)
- **Sample 2:**
Scrambled eggs, bacon, tomato juice
- **Sample 3:**
Cheese omelet with chopped bacon and mushrooms, milk (fat free or 1%)

LUNCH

- **Sample 1:**
Grilled chicken salad or chicken Caesar salad (without croutons), Cobb salad, Greek salad
- **Sample 2:**
Grilled hamburger steak (no bun), sliced cucumbers or tomatoes
- **Sample 3:**
Sliced grilled chicken breast on romaine with balsamic vinaigrette

DINNER

- **Sample 1:**
Grilled/broiled salmon, steamed asparagus, tossed salad (mixed greens, cucumbers, green peppers, cherry tomatoes) use only balsamic vinaigrette dressing
- **Sample 2:**
Baked chicken/Cornish hen, steamed broccoli or asparagus, mashed cauliflower, oven-roasted vegetables
- **Sample 3:**
Grilled sirloin, steamed spinach or green beans, roasted egg plant

ACCEPTABLE DRINKS

Water
Crystal Light
Caffeine-free, sugar-free soda
Club soda
V-8 juice or similar vegetable juice
Milk (fat free or 1%)

DRINKS TO AVOID

Coffee or tea, including decaf
Alcoholic beverages (including beer)
Fruit juices and caffeinated sodas

ACCEPTABLE SNACKS

Cheese
Turkey roll-ups
Hummus and celery
Mixed nuts
Hard boiled eggs

FOODS TO AVOID

Cakes, cereal, chewing gum
Bread, fresh fruit, grains (white rice)
Hard candies, pasta, pies, potatoes, popcorn



PRAIRIE RIDGE HEALTH LOCATIONS

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Columbus Clinic
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Beaver Dam Clinic
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Marshall Clinic
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