

How to Prepare for your PET/CT Scan

PATIENT DIETARY INSTRUCTIONS

Avoid food and drinks that contain sugar or carbohydrates for at least 24 hours before your scan. This will help to make sure that your images are of the best quality and prevent having to reschedule your scan because of a blood sugar that is too high.

Here are examples of foods that should be avoided for 24 hours before your PET/CT exam:

X Sugars	X Starches/Carbohydrates
X All Fruits or Fruit Juices	X Bread/Rolls/Cakes/Tortillas
X Soft Drinks	X Rice/Pasta/Crackers
X Jellies	X Potatoes, Tomatoes, Carrots or Corn
X Coffee or Tea	X Snack chips (corn, potato, popcorn)
X Yogurt	X Pastries
X Desserts, Cough Drops and Mints	X Oatmeal or any cereal
X Snacks, Chips, Pretzels, Candy, Gum	X Pizza Dough
X Alcohol or Nicotine of any kind	X Legumes – all beans and soybeans
X Dairy – milk and ice cream, nondairy	X Condiments – ketchup, syrups, jams, etc

No dessert or fruit should be consumed with dinner either.

Here are examples of foods that are allowed for dinner or breakfast prior to your scan:

Your evening meal should consist of proteins with no starchy vegetables.

✓ Proteins and Vegetables
✓ Fish (Tuna or grilled fillets)
✓ Chicken (avoid breading or fried chicken)
✓ Pork (including bacon and ham), Beef, Turkey, Pork
✓ Eggs
✓ Cheese (low-fat cottage cheese, hard cheese)
✓ Beans - Green beans, broccoli, cabbage, cauliflower,
✓ Non-starchy vegetables (no potatoes or corn)
✓ Nuts (not honey roasted), Sunflower Seeds

