

DECATUR PET IMAGING

2774 N Decatur Rd • Decatur, Georgia 30033 • Phone: 404.299.2887 • Fax: 404.299.7984

Preparation for PET/CT Scan

On the day of your exam, please plan to be at Decatur PET for 2 to 2-1/2 hours.

If you are claustrophobic and need medication for this exam, please contact your doctor.

Your preparation for the exam starts the day before your PET/CT scan.

Please read the instructions carefully for preparation the day before your test as well as the day of your test. It is very important that you following these instructions exactly.

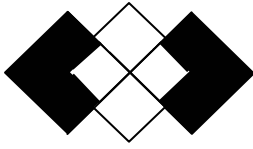
If you are a diabetic, the PET TECHNOLOGIST will work with you to manage your glucose level before the test.

Although you won't be required to remove your clothes, we ask that you wear clothing without any metal snaps, zippers or buckles. Avoid wearing underwire bras, hair pins or clips.

The TECHNOLOGIST will contact you before your exam, or you may contact them at your convenience at 404-213-5222(9-5).

The TECHNOLOGIST will review the preparation for your scan and answer any questions you may have.

For women, it's important to let us know if there is any possibility you may be pregnant or nursing.



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The Day Before Your Test

Diet for PET/CT

Please follow a high-protein/low-carbohydrate diet.

To provide you with the highest quality exam, it is very important that you follow these instructions carefully, beginning the day before your scheduled exam.

- **Liquids:** Plain water is the only beverage allowed. Drink at least six to eight glasses of plain water throughout the day.
- **Proteins:** You may eat any type of meat (bacon, beef, chicken, ham, hot dogs, pork, salami, sausage, venison, canned meat) or seafood (clams, fish, lobster, scallops, shrimp).

You may also eat eggs, cheese, cottage cheese, tofu, nuts and legumes such as red, kidney, shell, black or pinto beans. **Do not eat baked beans.**

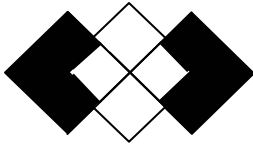
- **Fats:** You may eat butter, margarine, oil, mayonnaise, Italian or bleu cheese salad dressing and heavy cream.
- **Vegetables:** You may eat low-carbohydrate vegetables such as asparagus, cabbage, cauliflower, celery, chilies, cucumbers, green or wax beans, green peppers, lettuce, mushrooms, olives, onions, tomatoes, summer squash, spinach and turnip.

Foods to Avoid

- **Vegetables:** beets, carrots, corn, potatoes, sweet potatoes, winter squash and yams.
- **Fruits:** Do not eat any fruits.
- **Starches:** bagels, bread, cereal, cream of wheat, grits, muffins, oatmeal, pasta (any type), rice cakes, rice and tortillas.
- **Snacks:** such as chips, crackers, peanut butter, popcorn and pretzels.
- **Other:** breath mints, breath strips, candy, cough drops and gum.
- **Over-the-counter:** chewable vitamins and chewable antacids.
- **Liquids:** everything but plain (unflavored) water.
- **Sweeteners:** brown sugar, honey, sugar and sugar substitutes.

Other Advice

Do not exercise strenuously 24 hours before your exam.



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The Day of Your Test

Fasting

You will need to stop eating or drinking — other than water — six hours before you arrive at Decatur PET on the day of your exam.

We encourage you to drink plain (unflavored) water during this six hour time period. Please note that you **may not** drink any other type of beverage.

Medications

You can take your regularly scheduled medications. DIABETIC PATIENTS-PLEASE FOLLOW THE INSTRUCTIONS GIVEN TO YOU BY THE TECHNOLOGIST.

Please bring a list of the medications you take regularly, including over-the-counter drugs and herbal medications.

You can take the medications you normally take before your exam, as long as they won't make you nauseous.

If you need medications for pain or anxiety, please arrange in advance with your health care provider and bring these medications with you.