

### **FDG PET/CT Scan: Patient Preparation for Best Results**

Food, diet, clothing, medication, and lifestyle choices can affect the results of your PET/CT scan. These instructions will help you make necessary adjustments in order to receive the most accurate scan possible.

**If you have any questions, call the PET/CT Center at 509.228.1630.**

**\*\* If you need anxiety medication, please contact your physician 7 days prior to the scan so that they can order it. \*\***

#### **THE DAY BEFORE YOUR PET/CT SCAN:**

- **Foods to Avoid:** All dairy (except for butter and cheese), refined sugar, all fruits, raisins, beets, carrots, corn, kidney beans, peas, yams, cereal (hot or cold), rice cakes, all breads, muffins, tortillas, potatoes, pretzels, chips, rice, granola, oatmeal, pasta, alcohol (two days before exam), sodas and fruit juices.
- **Food Suggestions:** It is highly recommended that you follow a high-protein, low-carbohydrate diet for 24 hours prior to your test to increase the quality of your PET/CT images. Meal suggestions include scrambled eggs with minced ham, meat omelets, cheese and veggies, deviled eggs, egg, chicken, or tuna salad wrapped in lettuce leaves, hamburger patties with cheese and green salad, chicken with broccoli and cheese, steak with mushrooms, onions, cauliflower, green beans, nuts, pork rinds, chef salad, taco salad (no tortilla), string cheese. You can have black coffee or black tea the day before your exam.
- **Exercise:** No strenuous exercise 24 hours prior to your scan.
- **Water:** Drink at least 4 glasses of water. Do this only if you are not restricted to low fluid intake.

#### **THE DAY OF YOUR SCAN:**

- No food or drink (other than water) for 6 hours prior to scan (including gum, breath mints, cough drops, hard candy or anything that may contain sugar)
- You may drink ONLY water up to the time of your scan. It must be plain, unflavored water. NO tea or coffee.
- Drink two 8-ounce glasses of water the day of your scan prior to your arrival.
- Take medications as scheduled prior to your scan as long as they are tolerated on an empty stomach.
- Allow 2 hours for your appointment. For the scan, you will need to lay still and mostly flat for about 30 min.
- Wear warm, loose-fitting clothing; the scanning room tends to be quite cool. You will NOT be required to remove your clothing prior to the scan unless it contains metal (including underwire bra, jewelry & hair pins/clips).
- If you are on anxiety medication, take it 1 hour before the scan & bring additional medication with you.
- Port Patients: Be sure to wear a button down shirt so our nurse can access your port easily.  
Also, if you have numbing cream please put it on before your appointment.

#### **DIABETIC PATIENTS - ADDITIONAL INSTRUCTIONS**

- Diabetics who take ORAL medications should wait until AFTER the scan to take them.
- Subcutaneous insulin dependent diabetics should have their last injection 4 hours prior to the exam.

#### **HOSPITAL IN-PATIENTS - ADDITIONAL INSTRUCTIONS**

- Follow either of the above protocols. Also, any IV fluids containing glucose or parenteral alimentation should be discontinued 8 hours prior to the scan.

#### **AFTER THE SCAN:**

- **You should avoid being within 10 feet of infants, children, pregnant women, and/or breast-feeding women for the remainder of the day.** You will need to continue drinking water and emptying your bladder for the rest of the day. The next morning you will be fine to resume normal activities and contact with anyone.