



TEMPLE IMAGING CENTER

of East Texas

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PATIENT INSTRUCTION SHEET FOR PET/CT

NO SUGAR 24 HOURS PRIOR TO EXAM NO FOOD/DRINKS CONTAINING SUGAR 24 HOURS PRIOR TO EXAM

- **Eat** a low carbohydrate diet the evening before the exam (see below for suggestions)
- **DO NOT** eat any food and do NOT take any insulin for 4 hours prior to exam time
- **DO NOT** exercise for 24-36 hours prior to the exam
- **Drink** 3 to 4 glasses of WATER the morning of the exam
- Plan on being at the center for 2 to 2 ½ hours
- An IV will be inserted in your hand or arm

Low Carbohydrate Diet Suggestions

- **Avoid** breads and cereals
- **Avoid** starches like rice, corn, peas, pinto, navy, lima and butter beans
- **Avoid** potatoes and pasta
- **Avoid** processed cheese and milk
- **Avoid** tea, soda and coffee, if possible because they are diuretics. However, 1-2 cups with artificial sweeteners will not affect the scan. **NO** sugar or cream allowed.
- **You can eat** more protein such as, steak, chicken, fish, lean red meat, pork, bacon, eggs, and cheddar cheese
- **You can eat** green beans, lettuce, tomatoes, spinach, turnips (not the roots), but avoid salad dressings unless low carbohydrate
- **Drink** plenty of water as this will clean your system out

*PET/CT doses are pre-ordered prior to your exam date. Please call within 24 hours if you need to reschedule.

*PET/CT requires pre-certification for most insurance companies.