



Westside

Regional Medical Center

PATIENT PREP INFORMATION

FOR MORE INFORMATION PLEASE CALL, 954-370-4450

**INSTRUCTIONS AND REQUIREMENTS FOR ALL PATIENTS**

- **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. Anything other than plain water could alter the results of your scan.
- 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.
- No strenuous exercise 24 hours prior to your scan.
- Take medications as scheduled prior to your scan as long as they are tolerated on an empty stomach.
- Wear warm, loose-fitting clothing; the scanning room tends to be quite cool. You will **NOT** be required to remove the clothing prior to the scan.
- Avoid wearing any metal which cannot be removed during the scan (including underwire bra, jewelry and hair pins/clips).
- Allow 2 hours for your appointment. For the scan itself you must be able to lay still and mostly flat for about 30 minutes.
- If you need pain or anxiety medication, take medication prescribed by your physician 1 hour before the scan.

**DIABETIC PATIENTS ADDITIONAL INSTRUCTIONS:**

- Diabetics who take **ORAL** medications should wait until the scan is completed to take them.
- Subcutaneous insulin dependent diabetics should have their last injection 2 hours prior to the exam.

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

Follow this high protein / low carbohydrate diet.  
**(Remember: No Food for 6 hours prior to your scan.)**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
2 eggs any style	<b><i>Entrees (choose one)</i></b>	<b><i>Entrees (choose one)</i></b>
bacon or sausage	8 oz grilled. steak, or	8 oz. grilled steak, or
water	½ a baked or broiled chicken, or	½ a baked or broiled chicken, or
<b>No Juice</b>	8 oz grilled salmon fillet	8 oz grilled salmon fillet
<b>No toast or potatoes</b>	<b><i>Side items (choose one)</i></b>	<b><i>Side items (choose one)</i></b>
	grilled or steamed asparagus or broccoli, sautéed mushrooms or any type of green vegetable salad	grilled or steamed asparagus or broccoli, sautéed mushrooms or any type of green vegetable salad
	<b><i>Dessert</i></b> - cheese & salami slices	<b><i>Dessert</i></b> - cheese & salami slices

**FOODS TO AVOID:** Refined sugar, all fruits, raisins, beets, carrots, corn, kidney beans, peas, yams, cereal, rice cakes, all breads, muffins, tortillas, potatoes, pretzels, chips, rice, granola, oatmeal, pasta, all sodas, all fruit juices.