



Ccare PET SCAN

PATIENT PREPARATION AND INSTRUCTIONS

If you are diabetic, please call our office for individual diet and medication instructions

PET SCANS

24 Hours before your exam follow a low sugar diet. Do not consume anything that has processed or natural sugars.

Examples of foods to avoid:

- ◆ Processed sugar such as cake, pie, cookies, candy, jam/jelly, syrup of any kind, regular soda.
- ◆ Any fruit or fruit juice; this includes canned, fresh or dried fruit.
- ◆ Stay away from bread, tortillas (corn and flour), pasta, cereal, milk, peas, carrots, corn, beets and cured meats such as bacon, sausage, ham and any prepackaged deli/lunch meat.
- ◆ No alcohol of any kind

Examples of foods you can eat:

- ◆ All the meat you want such as beef, chicken and fish.
- ◆ Vegetables except for the few mentioned above.
- ◆ You can have rice, potatoes, any hard cheese, cottage cheese and eggs.
- ◆ You can drink as much water as you want- the more the better. Diet drinks that are sweetened with artificial sweeteners and black coffee are okay.

Please dress warmly and wear comfortable clothing. On the day of your exam wear warm, loose fitting clothing without metal zippers, snaps or clasp. Wear as little metal as possible such as jewelry, buckles and under wire bras. A technologist will answer any questions you may have. They will check your blood sugar by a small poke in your fingertip. An IV will be started in your arm to administer the FDG (our metabolic tracer). After the injection you will need to rest quietly in a recliner for 60-90 minutes while the tracer circulates in your body. You will then be asked to empty your bladder before beginning the scan. You will be positioned on a table that passes through the scanner. The scan time is 20-30 minutes. No strenuous exercise 24 hours prior to your appointment.

Providing safe, quality patient care is our highest priority. To help ensure quality and safety, we ask that you **DO NOT BRING YOUNG CHILDREN** with you to your appointments, as children are not allowed to accompany you during imaging procedures. Staff is unable to monitor your child in your absence.

Please call if you have any questions or concerns at 559-326-1222 ext 174