



ADI
Advanced Diagnostic Imaging
A Division of ADI

Manual: POSITRON EMISSION TOMOGRAPHY POLICY AND PROCEDURE

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Subject: Patient Diet for P.E.T. Scan

A. Patient diet overview

Do not eat or drink anything other than water (no coffee, tea, juice, etc.) for 6 hours prior to the exam. Chewing gum and breath mints (even the diet kind) are also prohibited. There is no limit on the amount of water to drink (actually the more the better). Instructions for diabetics are listed in the diabetic policy and procedure elsewhere in this manual.

B. Diet for the night before the scan

The night before your scan the recommended food is non-breaded meat entrees:

- Grilled or pan-broiled steak
- Baked, broiled, or boiled chicken
- Grilled or baked fish and shrimp, with or without butter or margarine
- Side items without carbohydrates such as grilled or steamed vegetables.
- Any green salad (no croutons) with non-white dressing such as regular Italian dressing or vinegar and oil.
- Butter and margarine can be put on food, but no cheese or gravy

C. Foods to avoid

- Carbohydrates such as potatoes, pasta, rice, chips, and bread
- Dairy products such as milk, cream (or cream substitutes), ice cream, cheese, cheese dip, yogurt, whipped cream, etc.
- Diet ice cream, ice milk, Cool-Whip, or other diet dairy products

D. Diet the day of your scan

- **As long as this is done 6 hour prior to the injection time:**
- Breakfast of any style eggs, with bacon/sausage, and water (no juices/coffee)

E. No exercise

- No exercise of any kind 48 hours prior to exam, including even nominal activities such as golf and gardening.



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Since 1988

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Subject: Patient Preparation for P.E.T. Scan

A. Patient Preparation

Do not eat or drink anything except water or oral contrast for 6 hours before exam.

Be well hydrated before exam.

Wear comfortable clothing that does not contain metal parts (CT streak artifact).

Take any medication as normal with water.

Ask patients if they are diabetic (see Diabetic Prep Policy and Procedure).

Blood sugar needs to be below 150 to do the exam.

If patients are claustrophobic, instruct them to get oral sedation from their physician.

Total scan time will take approximately 1.5 hours for single scan.

Total scan time will take approximately 3 hours for dual or delay scanning.