



PET/CT Scan Patient Information

Things to Know:

- A PET CT scan appointment takes approximately 1 ½ - 2 hours.
- Please wear warm, comfortable, clothing without metal zippers or buttons.
- PET CT scan results are usually available to the ordering physician in 24 – 48 hours. Please make your follow-up appointment through your ordering physician's office.
- If you are **breastfeeding or pregnant**, please tell your doctor and contact the PET/CT Coordinator (503)280-1223.

Morning Appointments:

- For dinner the night before, please eat a high protein, low carbohydrate, low sugar meal. (See foods that are ALLOWED/foods to AVOID).
- *No food or drinks* after midnight, except water. **Water is allowed.**
- Take your daily medications with water on day of scan.

Afternoon Appointments:

- For dinner the night before, and breakfast the morning of, please eat a high protein, low carbohydrate, low sugar meals. (See foods that are ALLOWED/foods to AVOID).
- *No food or drinks* 6 hours prior to appointment time, except water. **Water is allowed.**
- Take your daily medications with water on day of scan.

Diabetic Patients:

- You may have a light, high protein breakfast, if at least 4 hours before appointment time. (See foods that are ALLOWED/foods to AVOID).
- *No food or drinks* 4 hours prior to appointment time, except water. **Water is allowed.**
- Take your daily medications with water on day of scan, **except your diabetic medications**. Diabetic meds should be taken at least 4 hours prior to appointment.

Examples of Foods that ARE ALLOWED:

PROTEINS AND VEGETABLES

- Fish, seafood, and all meats and poultry (with NO breading)
- Eggs, cheese or cottage cheese, tofu, unsweetened nuts and peanut butter
- Oils, butter and most salad dressings (check label for under 5 grams of carbs, i.e.: Italian, oil and vinegar)
- Non-starchy vegetables (all vegetables except for the starchy vegetables listed below)

Examples of foods to AVOID:

SUGARS AND CARBOHYDRATES:

- Fruit, dried fruit, fruit juice, jams and jelly, cakes, candy, desserts
- Bread, rolls, tortillas, rice, beans, pasta, pizza dough, breading
- Honey, sugar, soft drinks, coffee drinks, alcoholic beverages: beer, wine, liquor
- Milk, yogurt, cereal, oatmeal, chips, crackers, popcorn
- Starchy vegetables: corn, peas, potatoes and winter squash
- ***Cough syrups and drops*** may contain sugar, which could influence your scan. Please **notify us** if you are taking a ***cough suppressant***.

***Please refrain from chewing gum or mints on the day of your scan**

► *Any questions about medications and prescriptions need to be discussed with the ordering physician's office.*

Any questions or concerns regarding your scan, please call PET/CT at (503) 280-1223

High Protein, Low Carbohydrate Meal Examples

*****Drink Plenty of water throughout the day! No flavorings or flavored bubble water*****

Meal Example A

Breakfast: Scrambled Eggs, bacon, and tomatoes
Lunch: Grilled chicken salad (dressing under 5 grams of carbs).
Dinner: Salmon with steamed vegetables
Snacks: Hard boiled eggs, cucumbers

Meal Example B

Breakfast: Steak and eggs
Lunch: Cobb salad (dressing under 5 grams of carbs).
Dinner: Grilled chicken and steamed asparagus
Snacks: Cottage cheese, small salad

Meal Example C

Breakfast: Vegetable scramble with cheese
Lunch: Burger without the bun and a side salad
Dinner: Chopped salad with fish (dressing under 5 grams of carbs).
Snacks: Cheese, cherry tomatoes, bell peppers

Persons with Diabetes

Before your 4 hour fast have an egg, cottage cheese, or a piece of meat.
Remember to make it small!!