



Eastside P.E.T. Center

46 Medical Park Drive RCC BLDG Suite 224
Birmingham, Alabama 35235
Phone: (205) 838-3738
Fax: (205) 838-6738
www.eastsidepet.com

PATIENT INSTRUCTIONS

P.E.T. / CT Whole Body Scan

PREPARING FOR A PET / CT SCAN:

- ❖ Please arrive at the Pet Center 15 minutes prior to your scheduled appointment time
- ❖ Please allow 2 hours for the PET/CT examination
- ❖ Please wear a limited number of metal objects (jewelry, large belts, etc.) - The CT portion could be affected by metal
- ❖ Please bring a limited number of family members - There is limited space in the waiting area

PREP INSTRUCTIONS FOR HIGH PROTEIN / NO CARBOHYDRATE DIET:

- ❖ **The High Protein Diet Allows For The Reduction Of Cardiac Uptake Seen Normally On A Pet Scan**

THE NIGHT BEFORE YOUR EXAM OR BREAKFAST 5 HOURS BEFORE APP. TIME:

PLEASE ADHERE TO THIS DIET

Main Course:	Vegetables:	Dessert:	Drink:
Beef Fish Chicken Eggs & Bacon Tuna	Broccoli Asparagus Cauliflower Zucchini Spinach Mushrooms	Peanut Butter Cheese Cottage Cheese	Black Coffee Un-Sweet Tea Water

Note: All foods can be prepared with vegetable oils or butter

EACH PATIENT NEEDS TO AVOID THE FOLLOWING FOODS:

All Carbohydrates Potatoes Rice	Corn Carrots Crackers	Breads Beets Pasta	All Fruits Juices Flavored Waters
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THE DAY OF THE EXAM THE PATIENT DOES NOT NEED TO EAT ANYTHING 5 HOURS PRIOR TO THEIR SCHEDULED APPOINTMENT
THIS INCLUDES GUM, TOBACCO, AND HARD CANDY

THE DAY OF YOUR EXAM:

- ❖ Please drink plenty of plain water ONLY before the exam - no flavored waters (they may contain sugars).
- ❖ Please take all medications prescribed by your physician.
- ❖ If necessary to eat with medication - eat a small portion from the list above and drink water only.
- ❖ Please do not exercise the night before or morning of your exam; unnecessary muscle uptake could show on scan.

SPECIAL INSTRUCTIONS:

- ❖ If there is a possibility of pregnancy or if you are currently breast-feeding, please inform staff before scheduling exam.
- ❖ If you are diabetic, please inform staff before scheduling exam; You might need an afternoon appointment time.
- ❖ Please bring insurance cards, picture id and all appropriate forms given to you at physicians' office.

DUE TO THE EXPENSIVE AND TIME-BASED NATURE OF THE MEDICINE USED, ALL PATIENTS MUST ADHERE TO THEIR SCHEDULED APPOINTMENT TIME.

ALL CANCELLATIONS MUST BE MADE BY 5:00 p.m. THE DAY BEFORE THE EXAM