

Pre PET/CT Diet Plan & Meal Ideas (Low Carb Diet)

●Please refrain from any strenuous activity for 24 hours prior to your appointment time●

Please begin this diet 24 hours prior to your arrival time:

Following this diet is important for normal distribution of the radioactive glucose (F18-FDG) in your body. 24 hours prior to your exam, you will need to follow a low carbohydrate/high protein diet. **The food items listed below and the sample menu are only suggestions. It is not necessary to consume all food items listed.** If you wish, you can substitute other low carbohydrate foods for the ones recommended below. **Most importantly, avoid sugar and other high carbohydrate foods such as white rice, white breads, fruits, pastries, and cookies.**

On the day of your scan, you must fast for 6 hours prior to the exam (Diabetic patients must fast for 4 hours prior to exam). Use the diet suggestions for breakfast if your exam is scheduled for the afternoon. **Although you are asked to fast, you may drink as much water as you wish.**

Suggested Foods:

Protein:

Non-breaded beef, chicken, turkey, fish, pork, lamb or ham (without honey), hot dogs, lunch meats, fish, shellfish or crab, peanut butter (1-2 servings total), most nuts or sunflower seeds (2 ounces total) and eggs.

Dairy:

Low-fat cottage cheese, light yogurt, sour cream or butter.

Vegetables:

Green beans, asparagus, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, radishes, spinach or zucchini.

Condiments:

Mayonnaise, salad dressing and barbeque sauce (those with 3g or less per serving of carbohydrates), oil, vinegar, mustard, hot sauce, tartar sauce, olives, dill pickles.

Sample Menu:

Breakfast: 1 medium fresh orange or 1 small banana, 1 slice whole wheat toast, ½ cup bran or high fiber cereal, 1 cup low fat milk, 1 teaspoon margarine, sugar substitute.

Lunch: 3oz turkey, tuna or roast beef sandwich on **100% whole wheat bread**, lettuce and tomato, 2 teaspoons mayonnaise, 1 cup low fat milk, 1 small fresh apple

Dinner: 3oz meat, poultry or fish, 2/3 cup brown rice or whole wheat pasta, 1 cup non-starchy vegetable (such as broccoli, spinach, green beans, etc.), 1 cup tossed salad, 1 teaspoon margarine, 1 tablespoon salad dressing, 1 cup low fat milk, 1 cup berries.

Snack: 1-2 ounces cheese, 6 whole grain crackers

Please avoid caffeinated beverages 24 hours before your scan and drink 8 cups of fluid per day in the form of milk, sugar free drinks and water.

Diabetic Patients:

1. Please take your usual insulin and oral medications the day before the scan. **Please do not use any long acting or 70/30 insulin after midnight.**
2. Fast (except water and non-diabetic medications after morning).
3. On the morning of your PET scan, please hold all insulin and oral medications.
4. **If your PET is scheduled after 10:00am:**
 - a. Eat a low carbohydrate breakfast at least 4 hours prior to your appointment.
 - b. Inject ½ dose of short acting insulin or take your regular dose or oral medications at least 4 hours prior to your appointment.
 - c. Do not use long acting insulin after midnight.
5. Fasting blood sugar greater than 200 but less than 300 will be re-checked and attempted to be brought down with water.
6. Fasting blood sugar greater than 300 will have to be rescheduled, **except those with brittle unstable diabetes.**