

## PET/CT SCAN PATIENT PREPARATION

If you have any questions, call the oncology coordinator at 763 792-1923.

### GENERAL

- Please arrive 15 minutes prior to your appointment time.
- Wear loose-fitting, comfortable clothing and avoid wearing jewelry, zippers and snaps.
- As an extra precaution, for the rest of the day avoid getting close to infants, children or pregnant women.

### DIET

#### 24 hours prior to exam:

- Restrict your diet to high protein foods and avoid carbohydrates and sugars. Drink plenty of low-calorie fluids and/or water.

Examples of carbohydrates/sugars to avoid: potatoes, pasta, rice, bread, cereals, desserts, fruit, juice

Examples of high protein foods to eat: fish, seafood, chicken, turkey, pork, beef – all without breading; bacon, sausage, eggs, cheese, tofu, vinegar & oil dressing, butter/cooking oils/mayonnaise; non-starchy veggies: lettuce, spinach, tomatoes, broccoli, cauliflower, green beans, mushrooms

#### Sample menu:

##### Breakfast

Eggs, any style  
Bacon, sausage or ham  
Water

##### Lunch

Chicken or salmon  
(grilled or baked)  
Green salad with veggies  
listed above  
Water

##### Dinner

Steak with broccoli  
Green salad with veggies  
listed above  
Water

##### Snack

Cheese or cheese stick  
Boiled egg  
1/4 cup almonds or  
peanuts  
Water

#### 12 hours prior to exam:

- Avoid nicotine and caffeine.

#### 8 hours prior to exam:

- Avoid all nutritional supplements (Ensure™, Boost™, etc.).

#### 4 hours prior to exam:

- Please do not eat until after your exam. Avoid liquid medications, gum, hard candy and cough drops.
- Do not drink anything except for water. **Continue to drink water up to the time of your exam.**

### ACTIVITY

- Refrain from strenuous exercise 24 hours prior to your exam.

### PATIENT MEDICATIONS

- Hold all diuretic medication (water pills) the day of your exam.
- Take all other normally scheduled medication, with water, if they can be tolerated on an empty stomach.

### DIABETIC PATIENTS

#### NON-INSULIN DEPENDENT PATIENTS

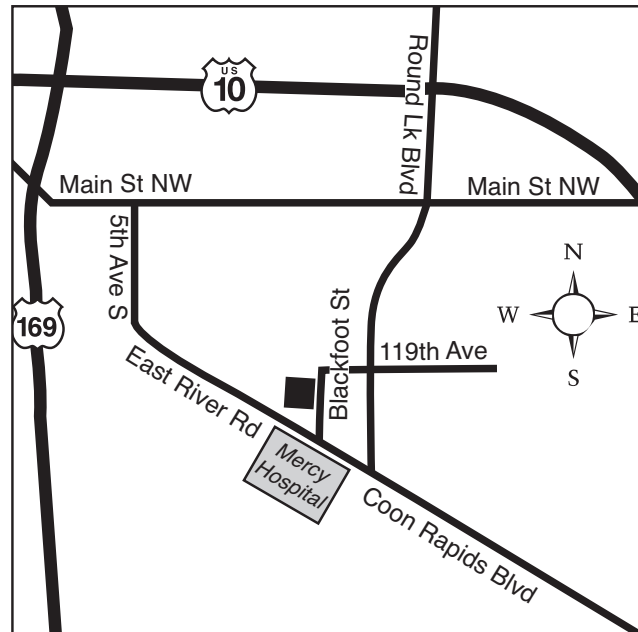
- Take diabetic medication with water the morning of your exam.
- No oral diabetic medication for 4 hours prior to your exam.

#### INSULIN DEPENDENT PATIENTS

- Eat a normal breakfast and take the usual dose of insulin.
- No insulin for 4 hours prior to your exam.

### Suburban Imaging – Northwest

Mercy Specialty Center, Suite 180  
11850 Blackfoot Street NW Coon Rapids, MN 55433  
main 763.795.1600



#### From the North

Take Hwy 10 east and exit on Round Lake Blvd. Turn right on Round Lake Blvd, traveling southbound. Turn right onto 119<sup>th</sup> Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.

#### From the South

Take I-94 west and continue on Hwy 252 north. Follow Hwy 610 east and take the East River Road exit. Turn left on East River Road, which becomes Coon Rapids Blvd. Continue on Coon Rapids Blvd and turn right on Blackfoot Street NW. Turn left into the Mercy Specialty Center parking lot.

#### From the West

Take Hwy 169 north and exit onto Main Street (Anoka). Turn right onto 5<sup>th</sup> Ave S. Continue onto East River Road/Coon Rapids Blvd. Turn left on Blackfoot Street NW. Take the first left into the Mercy Specialty Center parking lot.

#### From the East

Take Hwy 10 east toward Anoka, exiting on Round Lake Blvd. Turn left on Round Lake Blvd, traveling southbound. Turn right onto 119<sup>th</sup> Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.