



MISSOURI CANCER ASSOCIATES

1705 E. Broadway, Suite 100
(Plaza 4, across from Boone Hospital Center)
Columbia, MO 65201
866-724-2413 (toll-free) / 573-442-5525

Patient Instructions for PET scan

Patient Name: _____ has a scan scheduled
on _____, 20_____. Please arrive at _____ AM / PM.

If you have had previous PET scans at other facilities, other than at Missouri Cancer Associates or Boone Hospital Center, please bring the films or CDs with you to your appointment. These are needed for comparison by the Radiologists for the report.

- Allow about 1 ½ to 2 hours for your appointment (actual scan time is about 30 minutes), and an additional 15 minutes if you are also scheduled for a separate CT scan. Your family/friends will be asked to stay in the waiting room during this time.
- **Drinking water helps improve the quality of your scan.** Please drink as much water as comfortable for you the day preceding and also the day of your scan. We recommend 64 ounces, but realize that is difficult for many.

____ **NaF18 scan:** You may follow a regular diet. There is **NO PREP** required for the scan.

____ **Non-Diabetic / PET Eyes to Thighs or Whole Body:**

- All patients should follow a low-carbohydrate diet for 24 hours prior to their scan, if at all possible. If the scan is scheduled within a shorter amount of time, the patient should begin the low-carbohydrate diet as soon as the scan is scheduled.
- Patients should take all necessary medications, **EXCEPT** diabetic medications.
- No excessive exercise for twenty-four hours prior to your scan.
- Nothing to eat or drink, **EXCEPT WATER**, for six hours prior to your arrival time.
- No caffeine the day of your scan.

____ **Diabetic / PET Eyes to Thighs or Whole Body:**

- **IF YOUR BLOOD SUGAR IS OVER 200 mg/dL,** call (573) 874-7800 x2178 to speak with the PET Tech on how to proceed.
- Morning scan time-
-Do NOT eat anything before your scan. You may take your regular non-diabetic medications, but **DO NOT TAKE ANY ORAL DIABETIC MEDICATIONS OR INSULIN THE MORNING OF YOUR SCAN.**
- Afternoon scan time-
For patients that **only take oral diabetic medications**
-You may eat a light, low carbohydrate breakfast (e.g., egg, bacon, NO toast, NO sugar, NO caffeine) and take oral meds **no later than 6 HOURS BEFORE YOUR ARRIVAL TIME.**

Please see the other side for additional instructions



Patient Instructions for PET scan

- For patients that take **oral diabetic meds and insulin, or just insulin**, please follow these instructions:
 - You may eat a light, low carbohydrate breakfast (e.g., egg, bacon, NO toast, NO sugar, NO caffeine)
 - If needed, take insulin 6 hours before your arrival time
 - Check your blood sugar 5 hours PRIOR to your arrival time
 - NO INSULIN** within **4 hours** of your arrival time.

Food Suggestions for all patients having a PET/CT Eyes to Thighs or Whole Body

Foods to **AVOID**:

Sugars and Carbohydrates such as:
Fruit/fruit juice/jelly
Bread/rolls/cakes/tortillas
Rice/pasta
Soft drinks (non-diet)
Yogurt/cereal/oatmeal
Alcoholic beverages/beer/wine
Desserts/candy
Pizza dough/breading on fried foods
Chips/crackers/popcorn
Potatoes/corn/onions/carrots

Foods **ALLOWED** :

Proteins and Vegetables such as:
Fish or seafood-no breading
Chicken-no breading
Pork/bacon/ham
Beef
Eggs/cheese/milk
Most salad dressings (under 5 grams of carbs.)
Non-starchy vegetables: tomatoes, lettuce,
peppers, green beans, broccoli, cauliflower,
mushrooms, asparagus, greens, spinach

If you have PET prep diet questions, call (573) 874-7800 x2178 and ask to speak with the PET Tech.

We look forward to seeing you soon for your scan!

Thank you,
The MCA Physicians and Staff