

PET/CT SCAN PATIENT PREPARATION

If you have any questions, call 952.405.2784.

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

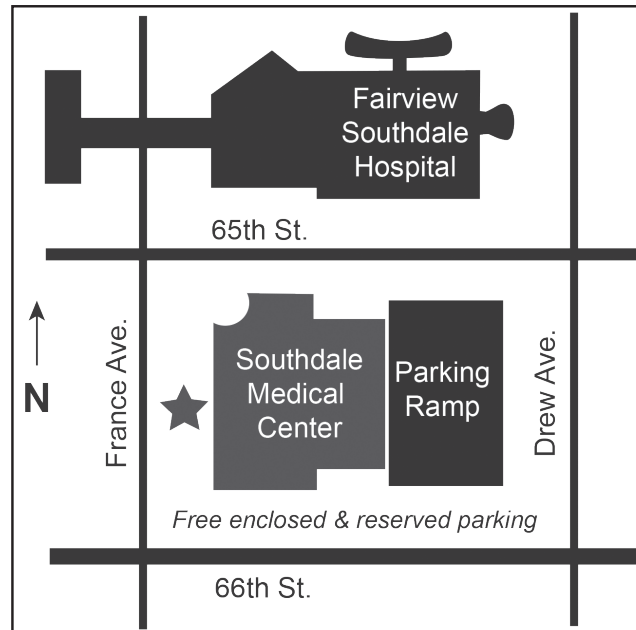
- Eat breakfast and take your usual dose of insulin. No insulin for 4 hours prior to your exam.
- Patients on an insulin pump: schedule PET exam during AM/morning hours.
 - adjustable pump: keep on basal/night setting
 - nonadjustable pump: keep pump on



Map and directions

LifeScan MN

Southdale Medical Center, Suite 115
6545 France Avenue South, Edina, MN 55435
main 952.405.2784



From the North

Go south on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Avenue exit and turn right. Turn left onto 65th Street and take immediate right into Southdale Medical Center parking lot.

From the South

Go north on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Avenue exit and turn right. Turn left onto 65th Street and take immediate right into Southdale Medical Center parking lot.

From the West

Go east on Hwy 62 (Crosstown). Follow to France Avenue exit and turn right. Turn left onto 65th Street and take immediate right into Southdale Medical Center parking lot.

From the East

Go west on Hwy 62 (Crosstown). Follow to France Avenue exit and turn left. Turn left onto 65th Street and take immediate right into Southdale Medical Center parking lot.