



PET SCAN INSTRUCTIONS

Starting at 6pm, the night before your test, you are to eat a high protein, low carb, no sugar meal. Nothing after midnight but water or black coffee with medicines. Some examples of what you can eat:

- Main Course: beef, fish, chicken, eggs & bacon, turkey, tuna, sausage, hamburger/ hotdog, without bread/bun
- Vegetables: broccoli, cauliflower, zucchini, spinach, lettuce, asparagus, squash (not fried), or mushrooms. Salad with oil & vinegar dressing only.
- Dessert: sugar-free Jell-O, cheese, peanut butter and cottage cheese.
- Drink: black coffee, unsweetened tea, water
- **FOODS TO AVOID**: all carbohydrates and sugars, such as potatoes, rice, pasta, corn, carrots, crackers, breads, beets, milk, ice cream, all fruits/fruit juices, and alcohol.

The morning of the scan, you can take your morning medications by mouth with water or black coffee only, no gum, no candy, no mints.

Please do not take any gummy vitamins or medications that may contain sugar.

FOR DIABETICS: Nothing by mouth for a minimum of 6 hours prior to the scan. More time may be necessary. Blood sugar must be under 200 with no insulin. We will call you to discuss your personalized prep instructions.

Please call our office the day before your scan, if we have not called you by 12:00PM at (256) 546-7507.

Because the radioactive substance decays quickly and is effective for only a short period of time, it is important for the patient to be on time for the appointment and to receive the radioactive material at the scheduled time. Thus, late arrival for an appointment may require rescheduling the procedure for another day.

OMI OF GADSDEN PETCT, LLC

1026 GOODYEAR AVE SUITE 50, GADSDEN AL. 35903

***OUR OFFICE IS LOCATED IN THE BACK OF THE 400 BUILDING DIRECTLY ACROSS FROM
THE GRMC EMERGENCY DEPT. PLEASE DO NOT PARK UP FRONT, DRIVE AROUND TO
THE BACK AT THE TAN AWNING, "OMI OF GADSDEN PETCT"***

Thank you, Bet Gallahar, OMI OF GADSDEN PETCT, LLC