

Pet/ Ct Prep Instructions

NO PHYSICAL ACTIVITIES FOR 24 HOURS PRIOR TO EXAM

DRINK PLENTY OF WATER THE DAY PRIOR TO EXAM

NO SUGAR OR CAFFEINE 12 HOURS PRIOR TO EXAM

IF DIABETIC YOU MAY EAT A LIGHT MEAL PROTEIN ONLY NO CARBS 5 HRS BEFORE EXAM...NO SUGAR OR CAFFEINE

DIABETICS MUST TAKE ALL MEDICATIONS/INSULIN THE MORNING OF EXAM

NOTHING TO EAT AFTER MIDNIGHT THE NIGHT BEFORE EXAM AND PLEASE DRINK WATER THE MORNING OF EXAM

****NEED TO BE ON A HIGH PROTEIN DIET 24HRS BEFORE EXAM**

EXAMPLES OF PROTEIN INTAKE

Chicken breast, Turkey breast, Low-fat cottage cheese, Protein shake, Egg whites or substitutes, Flank, round or lean ground turkey or beef, Fish, Crab or lobster, Shrimp, Lean ham, Meat, Vegetarian proteins, Tofu, Soy foods, Soy protein, Veggie burgers

****NO, OR LOW CARBS 24 HRS BEFORE EXAM**

EXAMPLES OF CARBS TO AVOID

Mixed veggies, Fresh salad mix, Whole grains , Potatoes, Corn, Yogurt, Fruits, High-fiber cereal, Bread , Oatmeal, Pasta, Legumes, Rice, Rice cake, Sweet potato, Popcorn , Tortilla, Vegetables

NO JEWELRY, NO METAL, PREFERREDLY SPORTS BRA, SWEAT SUIT WITH DRAWSTRING PANTS OR ELASTIC WAIST ONLY

*****24HR NOTICE REQUIRED FOR ANY CANCELLATIONS*****