



CGH Medical Center PET/CT Patient Instructions

Exam Date: _____ **Appointment time:** _____

-Your PET/CT exam is scheduled at CGH Medical Center, 100 East LeFevre Sterling, Illinois 61081

-It is very important for you to follow a low, to no carbohydrate diet for 24 hours prior to your scan. See page 2 for suggestions.

-For 24 hours prior to your scan time avoid caffeine, exercising, physical activity, chewing gum and massage therapy.

-Do not eat or drink anything 6 hours prior to your test EXCEPT WATER.

-You may take your daily medications with water. If you are taking insulin discontinue use for 4 hours prior to your PET/CT scan. If you take Metformin, please do not take it the day of your test until AFTER your scan.

-If you are diabetic your blood sugar needs to be between 60-200 mg/dl. If it is outside of that range call (815) 564-4447.

-Avoid all nicotine 6 hours prior to exam.

-Wear loose, comfortable clothing (avoid metal buttons and zippers). Women are encouraged to either wear a sports bra without metal parts or to refrain from wearing a bra at all.

-If you have trouble lying flat on your back, please discuss this with your physician prior to your test.

-Your test will be approximately 2 hours long. You will be radioactive for 8 hours after your test. We will ask you to stay about 6 feet from other adults and to avoid children/pregnant women for those 8 hours.

-Please call 815-564-4447 if you have any questions about the exam or the prep.

-Please bring your ID and Insurance cards. If you need to re-schedule, please call **(815)625-0400 ext. 5550**



Food Suggestions Prior to Your PET/CT Scan:

Allowed:

Any meats/proteins including the following: beef, pork, chicken, turkey, fish, bacon, eggs and lunch meat

Unflavored/plain nuts and seeds

Dairy: plain unflavored yogurt, cheese

Vegetables: asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, lettuce, mushrooms, summer squash, spinach, string beans.

Avoid:

Breads, tortilla shells, pasta, potatoes, cereals, grains, fruits, desserts, sugar, sugar substitutes, soda (regular and diet), juice, cough drops and/or cough syrup (including sugar-free), hard candies, gum and other foods containing carbohydrates/sugars and sugar substitutes