PET/CT scan

How to prepare

You have been scheduled for a PET/CT scan. This is a test that uses two different technologies to look at a particular area of the body. It gives your doctor information about what the area being scanned looks like and how it’s working. You need to follow a special diet and other instructions before this scan to make sure the pictures are clear.

The day before the scan

- Eat your usual diet for breakfast and lunch.
- Take your usual medicines. (Exception: see special instructions in the box if you take medicine for diabetes.)
- No strenuous exercise until after your test is over.

The night before and the day of scan

Begin a special diet

- Starting with dinner the night before your scan, do not eat any carbohydrates. Eat high-protein, high-fat foods. (See chart on the other side.)
- Follow the high-protein, high-fat diet for any meal you eat the night before and the day of the scan. Stop eating and drinking anything except water 4 hours before your scan. You may drink water up until the time of your scan. You should take all scheduled medicines with water as you normally would, except you should not take metformin or any medicine containing metformin (see page two), and you should follow your doctor’s advice about other diabetes medicine (see box on this page).

- If your scan is in the morning, it’s ok to stop eating after dinner the night before the scan. If you decide to eat something after dinner or in the morning, eat only high-protein, high-fat foods, and be sure you stop eating four hours before your scan. If you have an afternoon scan, we recommend that you eat a high-protein, high-fat meal some time during the morning. Be sure to follow the instructions on the chart on pg. two, and be sure to stop eating four hours before your scan.

If you have diabetes: Important!

- If you take metformin, or any medicine containing metformin (see chart on page 2), do not take it on the night before or the morning of your test.
- If you take other medicine for diabetes please contact the doctor who prescribes this medicine and ask for advice about changes that are needed, since you will not be eating carbohydrates the night before and the day of your test.
- This is important for anyone who takes diabetes medicine. It is especially important if you take any type of insulin, or if you take glipizide (Glucotrol or Glucotrol XL), glimepiride (Amaryl), or glyburide (Glynase, DiaBeta).
- For patients on diabetes medicine, not eating carbohydrates could mean the blood sugar could get too low. This can be very dangerous.
- Changes in your diabetes medicine will depend on the type of medicine you take and other factors.
- Please be sure you talk with your doctor about how to manage your medicine and blood sugar checks the night before and the morning of your scan!
- If you have any questions, please call us at 617-667-2071.
Follow these instructions starting with dinner the night before your scan. Stop eating four hours before your scheduled scan.

<table>
<thead>
<tr>
<th>Do not eat carbohydrates or sugars, such as:</th>
<th>You may have fatty, high-protein, unsweetened foods; cooked foods must be fried in butter or olive oil or broiled, but not grilled</th>
</tr>
</thead>
<tbody>
<tr>
<td>• bread, toast, bagels, cereal, cookies, crackers, muffins</td>
<td>• chicken, turkey, fish, beef, ham</td>
</tr>
<tr>
<td>• milk, cheese</td>
<td>• meat-only sausages</td>
</tr>
<tr>
<td>• pasta, muffins</td>
<td>• fried or scrambled eggs, prepared without milk</td>
</tr>
<tr>
<td>• peanut butter, nuts</td>
<td>• omelet prepared without milk or vegetables</td>
</tr>
<tr>
<td>• potatoes, vegetables, beans</td>
<td>• bacon</td>
</tr>
<tr>
<td>• fruit, fruit juice, rice</td>
<td>• hotdog or hamburger without the bun</td>
</tr>
<tr>
<td>• candy, gum, mints, cough drops</td>
<td>• diet soda</td>
</tr>
<tr>
<td>• sugar, fructose, sucrose, Splenda</td>
<td>• coffee or tea without milk or sugar</td>
</tr>
<tr>
<td>• alcohol</td>
<td>• Sweet’N Low, NutraSweet, Equal are ok</td>
</tr>
<tr>
<td>• regular soda</td>
<td>• water</td>
</tr>
</tbody>
</table>

**Metformin medicine**

Do NOT take any medicine containing metformin on the night before or the morning of the test. This may not be a complete list. If you are not sure if your medicine contains metformin, ask your doctor or pharmacist.

**Do not take:**

**Metformin hydrochloride (HCL), or Metformin hydrochloride ER, brand names:**
- Fortamet
- Glucophage
- Glucophage XR
- Glumetza
- Riomet

**Combination products, brand names:**
- Actoplus Met
- Actoplus Met XR
- Avandamet
- Glucovance
- Invokamet
- Janumet
- Jentadueto
- Kazano
- Kombiglyze XR
- Metaglip
- PrandiMet
- Xigduo XR

*This material was developed by clinicians in nuclear medicine and endocrinology at Beth Israel Deaconess Medical Center. It is produced and distributed by the Beth Israel Deaconess Learning Center © 2017, Beth Israel Deaconess Medical Center. All rights reserved. LC 3041 12/17*