



PET SCAN DIET RECOMMENDATIONS

High Protein/Low Carbohydrate Food:

Eggs, bacon, ham, sausage, steak, chicken, fish, seafood, beef, pork, cold cuts, asparagus, broccoli, mushrooms, green vegetable salad

Foods to Avoid:

Refined sugar, all fruits, fruit juices, raisins, beets, caffeine, cantaloupe, cereal, rice cakes, breads, carrots, corn, kidney beans, muffins, potatoes, pretzels, chips, rice, tortillas, granola, oatmeal, pasta, peas, yams and **all alcohol and all sodas.**

Vegetarians:

Eat vegetables (with the exception of the ones listed above), salads, omelets, veggie burgers, cheese, lentil soup or any vegetarian soup.

Blood sugar levels are very important for PetCT scans. All patients coming for a PetCT scan will have their blood sugar measured before the radiotracer injection. We need your blood sugar level to be below 200 mg/dl. A blood sugar that is above 200 mg/dl indicates that your cells are already saturated with sugar and will not take up the sugar we give you. If your blood sugar is normally above this value, please be sure to notify us.

CALL 561-263-4134 IF YOU HAVE ANY QUESTIONS.