



Rockledge MRI & PET Center

1910 Rockledge Blvd. Suite 102, Rockledge, FL 32955
Phone (321) 636-6599 Fax (321) 636-6614

PET SCAN PATIENT INSTRUCTIONS

Due to the expensive and individual nature of the medicine used,

Cancellations MUST BE MADE by 5:00 the day before the exam or a fee of \$300 will be charged to you.

*****IF YOU ARE A DIABETIC AND ARE INSULIN DEPENDENT ***
PLEASE CONTACT OUR OFFICE
AT 321-636-6599.**

Preparing for the PET/CT SCAN:

- *Expect to spend approximately two hours at the clinic*
- *Please bring your insurance cards and photo ID*

PREP INSTRUCTIONS FOR HIGH PROTEIN/ NO CARBOHYDRATES DIET:

Starting 24 hours prior to your PET/CT scan these are the allowable foods:

<u>Main Course</u>	<u>Vegetables</u>	<u>Dessert</u>	<u>Drinks</u>
Beef	Broccoli	Peanut Butter	Water
Fish	Asparagus	Cheese	
Chicken	Cauliflower	Cottage Cheese	
Eggs and Bacon	Zucchini		
Tuna	Spinach		
	Mushrooms		
	Onions		

Please **avoid** the following foods 24 hours prior to your PET/CT scan:

AVOID: All Carbohydrates, sugar, caffeine, and nicotine (NO SMOKING!)

Breads	Potatoes	Appt Date _____
Rice	Beets	Appt Time _____
Corn	Pasta	Arrival Time _____
Carrots	All Fruits	
Crackers	Juices	

The day before the exam:

- **VERY IMPORTANT!!!!** Please Drink **100 OUNCES** of **WATER** (throughout the day)
- Do not do any strenuous activity
- **FAST AFTER MIDNIGHT!**

The day of the exam:

- Take medications prescribed by Dr. on day of scan, especially diabetic meds, but, no food
- **VERY IMPORTANT!!!!** Please Drink **20 OUNCES** of **WATER**
- Wear loose fitting, comfortable clothing. Avoid wearing any jeans and/or shorts with metal including zippers. Elastic waistbands are preferred. Please no jewelry of any kind.