

# Instructions to follow before your PET/CT Scan:

## Meals:

**Supper/Dinner (the night before the exam):** Grilled meat or eggs and green veggies. Water, diet soda, or unsweetened tea.

**Breakfast (must be at least 6 hours prior to exam):** Bacon/sausage & eggs. Water and 1 cup of black coffee (no sugar, sweetener, or creamer).

*(Foods to avoid for both meals: All dairy [except for butter and cheese], refined sugar, all fruits, raisins, beets, carrots, corn, kidney beans, peas, yams, cereal [hot or cold], rice cakes, all breads, muffins, tortillas, potatoes, pretzels, chips, rice, granola, oatmeal, pasta, alcohol, sodas and fruit juices.)*

## Reminders:

1. No food for 6 hours prior to exam.
2. Within 6 hours prior to exam, hydrate with water only. Drink lots of water.
3. Absolutely **NO SUGAR** the night before or the morning of the exam. This includes gum, mints, cough drops, or any foods that may contain sugar.
4. Patient may take medication as usual except diabetes medications and vitamins. PET Center will give instructions.
5. No exercise or strenuous work within 24 hours of your exam.
6. Expect to be at the center for about 1-1/2 - 2 hours.
7. Bring insurance cards and driver license with you.
8. Due to the nature of the medication used, family members (especially pregnant women and children) are not allowed in the uptake rooms.
9. If you are on anxiety medication, bring the medication with you in order to take it while in the uptake room.
10. Wear clothing without metal. No underwire bras. No jewelry.
11. Non-ambulatory nursing home patients must have nurse/caregiver with them to help with transfers/ restroom etc.

If you have questions please call  
**Open Air MRI of Cen-La at**  
**(318) 445-8009**

OPEN AIR MRI OF CEN-LA  
5413 Jackson St Extension  
Alexandria, LA 71303