Qscan RADIOLOGY CLINICS

PATIENT INFORMATION SHEET

F^{18} FDG PET Scan

Please follow the preparation below to optimise the quality of your PET scan. At the time of your booking, you may be asked for a list of medications which are needed to personalise your preparations.

If you are DIABETIC, please contact Qscan for specific instructions prior to your PET scan appointment.

Preparation Instructions

On the day **BEFORE** your scan

- Eat a high protein, low carbohydrate, low sugar diet for all meals and snacks. Refer to suggested diet table below.
- Stay well hydrated with plain unflavoured water and empty bladder as needed
- Take necessary medications with unflavoured water
- No vigorous exercise
- No smoking
- No alcohol and caffeine

On the day **OF** your scan

- **DO NOT** eat for 6 hours prior to appointment
- **DO** continue drinking plain unflavoured water and empty bladder as needed
- No vigorous exercise
- No smoking
- No alcohol or caffeine

Suggested Diet

SUGGESTED FOOD	FOOD TO AVOID
Fluids: Unflavoured water	**Fluids:** Fruit juice, alcohol, tea, coffee
Meats: Fish, chicken, pork, lamb, beef, seafood	**Meats:** Processed meats, sauce, gravy
Dairy: Eggs, butter, margarine, unprocessed (real) cheese	**Dairy:** Milk
Vegetables: Alfalfa sprouts, asparagus, broccoli, lettuce, zucchini, spinach, mushrooms, cauliflower, avocado, fresh herbs	**Sugar:** Sugar / sugar substitute artificial sweeteners in any form. Lollies, desserts, chewing gum, fruit
Other: Olive oil	**Vegetables:** Starchy vegetables; corn, peas, potatoes, carrots, legumes, grains
	Other: Rice, pasta, bread, cereals, crackers, nuts

This has been developed by Qscan Radiology Clinics. As this only contains general information, professional medical advice from your medical practitioner or Qscan personnel should be sought before applying the information in this to particular circumstances. You should not rely on the information contained in this brochure without first obtaining professional medical advice. © Copyright 2022

10340-3