

UAB ST. VINCENT'S P.E.T. CENTER

UAB St. Vincent's Birmingham

Located in the Bruno Cancer Center
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UAB St. Vincent's East

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Birmingham, AL 35235
Ph: 205-838-3738
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Patient Instructions

Preparing for a PET/CT Scan

- Please arrive 15 minutes prior to your scheduled appointment time
- Please allow 2 hours for the PET/CT imaging exam
- Please limit metal objects (jewelry, belts, etc.), as the CT test could be affected by metal
- Due to limited space in the waiting area, please bring a limited number of family members

Prep instructions for high protein/no carbohydrate diet

Maintaining a stable blood sugar level is crucial for accurate test results. ***Patients must adhere to a high protein/no carb diet prior to exam.***

Please follow the diet outlined below the NIGHT BEFORE your test and BREAKFAST 5 HOURS before your exam appointment time.

Main Course	Vegetables	Dessert	Drinks
<ul style="list-style-type: none"> • Beef • Fish • Chicken • Eggs & bacon • Tuna 	<ul style="list-style-type: none"> • Broccoli • Asparagus • Green beans • Zucchini • Spinach • Mushrooms 	<ul style="list-style-type: none"> • Peanut butter • Cheese • Cottage cheese 	<p>The day before your test:</p> <ul style="list-style-type: none"> • Black coffee • Unsweet tea • Water <p>The day of your test:</p> <ul style="list-style-type: none"> • Water only

Note: All foods may be prepared with vegetable oil or butter

AVOID the following foods:			
<ul style="list-style-type: none"> • All carbohydrates • Potatoes • Rice 	<ul style="list-style-type: none"> • Corn • Carrots • Crackers 	<ul style="list-style-type: none"> • Breads • Sugar • Pasta 	<ul style="list-style-type: none"> • All fruits • All juices • Flavored water

The day of the exam, the patient can have nothing to eat 5 hours prior to their scheduled exam appointment time. *This includes gum, caffeine, tobacco and hard candy.*

The day of your exam:

- Please drink plenty of plain water ONLY before the exam. No flavored water (these may contain sugar).
- Please take all medications prescribed by your physician.
- If it is necessary to eat with your medication, eat a small portion from the list above and drink water only.
- Please do not exercise the night before or morning of your exam, as this can cause unnecessary muscle uptake (increased glucose to accumulate in your muscles), which can affect the results of your test.

Special instructions:

- If there is a possibility of pregnancy or if you are currently breastfeeding, please inform the staff before scheduling your exam.
- If you are diabetic, please inform the staff – you may need to schedule an afternoon appointment time.
- Please bring your insurance cards, picture ID and all appropriate forms given to you at your physician's office.

What to expect after your PET exam:

- Once the exam is complete, the patient may eat and resume normal activity. Fluid intake is encouraged. There are no special precautions that need to be observed.
- A radiologist will interpret the PET scan and send a report to the patient's referring physician. The referring physician will discuss the PET scan results with the patient.

Due to the expensive and time-based nature of the medicine used in this exam, all patients must adhere to their scheduled appointment time. Cancellations must be made by 4 p.m. the day before the exam.