



### YOUR APPOINTMENT :

TIME:

DATE:

**Note:** Please arrive at least 15 minutes prior to your appointment to complete prescreening paperwork

**We are here to help! If you have any questions, please call us at 607.547.3600.**

It is **VERY IMPORTANT** to contact us **at least 24 hours prior** to your appointment time if you are unable to attend. Please follow the preparation instructions below as they are critical for a successful appointment. Failure to do so may result in rescheduling your appointment to another day.

### GENERAL PREPARATION

- » 24 hours prior to your exam begin a no carbohydrate (no sugar), high protein diet.
- » No caffeine 24 hours prior to your exam.
- » No nicotine 6 hours prior to your exam.
- » You **must fast for 4 hours before** your exam including gum, candy, mints, and cough drops.
- » You may have **PLAIN un-flavored** water in this time period to remain well hydrated.
- » If you have a G/J tube, no feedings after midnight the night prior to your exam.
- » Your appointment will be a minimum of 90 minutes, but can take up to 2 hours. Wear loose comfortable non-metal clothing.
- » If you are **not a diabetic** you may take all of your regular medications with non-flavored plain water as normal.

### DIABETIC PREPARATION

If you are diabetic, ideally schedule your exam for the afternoon. This will allow you to take your morning diabetic medications with a meal and still have a 4 hour fasting period between your last meal/medication and the exam. Should this be unavailable, **you must refrain from eating, drinking, and taking diabetic medications for 4 hours before your exam.**

Please test your sugar prior to your departure for your appointment. **Your blood sugar should be between 60-200 mg/dL for this exam.** If out of range do not cancel, but **please call 607-547-3600** to discuss further with our staff. The day of your appointment:

- » **If you are on an insulin pump:** Keep your pump on its normal basal rate. You may do a correction dose to treat a high reading as long as it is more than 4 hours before your exam. You may bolus for a meal as long as it is more than 4 hours prior to your exam. You must have no food or bolus insulin 4 hours prior to your exam.
- » **If you take injectable insulin or insulin pens:** You may take a correction dose as long as it is more than 4 hours prior to your exam. You may take your long acting insulin if it is more than 4 hours prior to your exam. You may bolus after a meal as long as it is more than 4 hours prior to your exam. You must have no food or diabetic medications 4 hours prior to your exam.
- » **If you are on oral medications:** You may take your oral medications, but must be done at least 4 hours prior to your exam. You must have no food or diabetics medications 4 hours prior to your exam.



# MENU A LA PET/CT

To ensure that your blood sugar level is within range to perform the exam, we have created a high protein, low carbohydrate sample menu with meal ideas for you to enjoy the day before your exam.

## ON THE DAY OF YOUR EXAM

- » Do not eat or drink anything except plain, clear, unflavored water for 4 hours before your exam (no gum, mints or cough drops).
- » Do not smoke or use nicotine products for at least 6 hours prior to exam.
- » Drink 2-3 cups of plain, clear, unflavored water only throughout the fasting period (no juice, coffee, Gatorade, tea or soda).
- » No Caffeine 24 hours prior to the exam.



## A menu to help you stay within the necessary glucose range to complete your scan:

### BREAKFAST

- » Ham and cheese omelet
- » Veggie and cheese omelet
- » Eggs with bacon or sausage
- » Light yogurt
- » Plenty of water

### LUNCH

- » Egg salad on lettuce
- » Tuna salad on lettuce
- » Deli meat, cheese with a lettuce wrap
- » Grilled chicken or tofu
- » Plenty of water

### DINNER

- » Bunless cheeseburger
- » Grilled chicken with green beans or broccoli
- » Grilled steak with green beans, broccoli, or zucchini
- » Grilled fish with green beans, broccoli, or zucchini
- » Spinach salad with mushrooms, bell peppers and chicken with olive oil and vinegar dressing
- » Tuna salad on lettuce
- » Deli meat, cheese with a lettuce wrap
- » Grilled chicken or tofu
- » Plenty of water

### We are here to help!

If you have questions, please call 607-547-3600.

One Atwell Road | Cooperstown, NY 13326

**Scheduling: 607.547.3600**