



# HIGHLANDS ONCOLOGY

Medical Oncology / Radiation Oncology / Surgical Oncology

[www.highlandsoncology.com](http://www.highlandsoncology.com)

## PET/CT SCAN DIET INSTRUCTIONS

Avoid food and drinks that contain sugar or carbohydrates for at least 24 hours before your scan. This will help to make sure that your images are of the best quality and help prevent having to reschedule your scan because of a blood sugar that is too high.

Here are examples of foods that **should be avoided** for 24 hours before your PET/CT exam:

### **Sugars**

Fruit or Fruit Juice  
Soft Drinks  
Jellies  
Coffee  
Yogurt  
Desserts  
Candy  
Alcohol of any kind

### **Starches/Carbohydrates**

Bread/rolls/cakes/tortillas  
Rice/Pasta  
Crackers/Chips/Popcorn  
Pastries  
Oatmeal/Cereal

Your evening meal should consist of proteins with no starchy vegetables. No dessert or fruit should be consumed with dinner either.

Here are examples of foods that **are allowed** for dinner or breakfast prior to your scan:

Proteins and vegetables	Eggs
Fish	Beef
Chicken	Beans
Pork	
Nuts	
Non-starchy vegetables(no potatoes or corn)	

If you are Diabetic please try to follow a low carbohydrate diet for several days prior to scan.

All patients must follow a 6 hour fasting prior to scan time. Please drink plenty of plain water before and after your scans.

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