



20TH ANNIVERSARY 1985 • 2005

Reno Diagnostic Centers

PET Prep

It is important to follow a modified diet and activity level before your exam to yield optimum images. No food for 6 hours before exam. For 6-12 hours before exam, limited or no carbohydrates (carbs include breads, pasta, potatoes, rice, etc.) or sugars (including sugar substitutes, fruit, fruit juices, soda, and diet drinks). No exercise for 12 hours before exam. Please drink at least 32 ounces of water in the 6 hours before scan time. No caffeine for 24 hours before exam.

Brain Exam

Follow above instructions. If possible, mood-altering drugs, such as antidepressants and tranquilizers should be withheld for 2-3 days; please discuss this with your physician.

Diabetics

No vigorous exercise 24 hours prior to study. Nothing to eat 4 hours before study, if possible. Patient may eat if blood sugar level is low. Try to keep blood sugar level between 100-200. Patient to drink at least 32 ounces of water on the morning of the exam. Arrive at RDC 15 minutes before scheduled appointment time.

Reno Diagnostic Centers

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