

COLUMBUS CIRCLE IMAGING

A division of West Side Radiology Associates, P.C.

1790 Broadway New York, N.Y. 10019 .Tel :(212) 977-4100

P.E.T/ CT SCAN PREP SHEET

NAME: _____

APPT. DATE: _____

APPT. TIME _____

In preparation for a P.E.T Scan a low carbohydrate diet must be followed the day before the exam. Below you will find a general list of foods that can help guide your dietary choices.

VEGETABLES: Green leafy vegetables, bell peppers, cucumbers, carrots, chickpeas, broccoli, alfalfa sprouts, asparagus, beets, onions, mushrooms, zucchini, and cauliflower.

PROTEIN: Tofu, beef, poultry, seafood, goat, lamb, pork and peanut butter.

DAIRY: Cheese, butter or margarine, milk, cream, fat-free yogurt and eggs.

FRUIT: Lemon, tomato, avocado, apples, plums, blackberries and olives.

Fruit juices contain a significant amount of sugar and should be avoided.

REMINDER

- *Nothing to eat 6 hours prior to exam, however water is allowed.*
- *Bring insurance card, Dr.'s written request and previous films and reports.*
- *Please wear two piece comfortable clothing that can be taken off without assistance.*
- *No jewelry and/or metal (including bobby pins.)*

We are located at 1790 Broadway, between 57th & 58th Street in the lower level.

Handicap access is located on 58th Street between Broadway and 7th Avenue. If you have any questions or concerns please feel free to call the P.E.T scheduling line at (212)977-4100 option 2.