

YOUR SCHEDULED APPOINTMENT AT:

- Midwest Radiology Suburban Imaging - Northwest** **Midwest Radiology Outpatient Imaging - St. Paul**

Date: _____ **Appointment Time:** _____

*** Please arrive 15 minutes prior to your appointment time.***

Midwest Radiology PET Scheduling Line: 763.792.1999

Please notify Midwest Radiology 24 hours in advance if you have to reschedule or cancel your appointment.

GENERAL

- Please arrive 15 minutes prior to your appointment time.
- Wear loose-fitting, comfortable clothing and avoid wearing jewelry, zippers and snaps.
- As an extra precaution, for 6 hours following your exam avoid getting within six feet of infants, children or pregnant women.

DIET

24 hours prior to exam:

- We recommend that you eat a high protein diet and avoid carbohydrates and sugars. Drink plenty of low-calorie fluids and/or water.

Examples of carbohydrates/sugars to avoid: potatoes, pasta, rice, bread, cereals, desserts, fruit, juice

Examples of high protein foods to eat: fish, seafood, chicken, turkey, pork, beef – all without breading;

bacon, sausage, eggs, cheese, tofu, vinegar & oil dressing, butter/cooking oils/mayonnaise;

non-starchy veggies: lettuce, spinach, tomatoes, broccoli, cauliflower, green beans, mushrooms

Sample menu:

Breakfast

Eggs, any style
Bacon, sausage or ham
Water

Lunch

Chicken or salmon
(grilled or baked)
Green salad with veggies
listed above
Water

Dinner

Steak with broccoli
Green salad with veggies
listed above
Water

Snack

Cheese or cheese stick
Boiled egg
1/4 cup almonds or
peanuts
Water

4 hours prior to exam:

- Please do not eat until after your exam. Avoid liquid medications, gum, hard candy and cough drops.
- Do not drink anything except for water. **Continue to drink water up to the time of your exam.**
- Avoid all nutritional supplements (Ensure™, Boost™, etc.).
- Discontinue tube feeding and/or IV glucose until after exam.

For patients with sarcoidosis indication: Please don't eat or drink anything except for water for **12 hours prior to your exam**, including liquid medications, gum, hard candy and cough drops.

ACTIVITY

- Refrain from strenuous exercise for 24 hours prior to your exam.

>>Additional prep instructions and maps/location information on reverse side >>

Prep Instructions, continued

PATIENT MEDICATIONS

- Hold all diuretic medication (water pills) the day of your exam.
- Take all other normally scheduled medication, with water, if they can be tolerated on an empty stomach.

DIABETIC PATIENTS - The target blood sugar is below 200 for this exam.

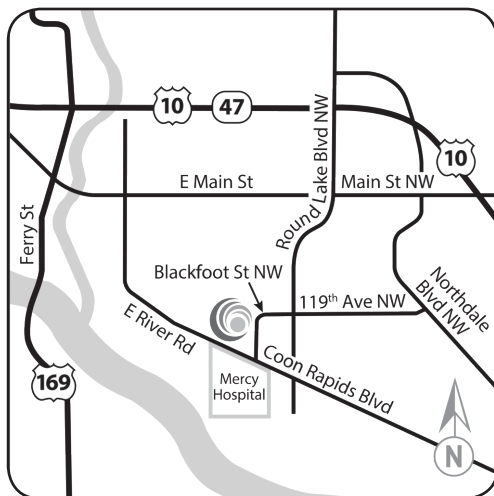
- No diabetic medication (insulin, oral, or injection medications) for 4 hours prior to your exam.
- Patients on an insulin pump: schedule PET exam during AM/morning hours.
 - Adjustable pump: keep on basal/night setting
 - Nonadjustable pump: keep pump on
 - Do not administer insulin bolus within 4 hours of your exam

MAPS & LOCATION INFORMATION

Midwest Radiology Suburban Imaging – Northwest

Mercy Specialty Center, Suite 180
11850 Blackfoot Street NW
Coon Rapids, MN 55433
Clinic Phone: 763.795.1600

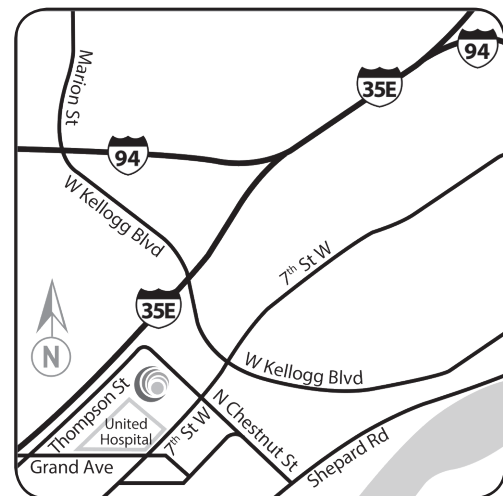
Located on the first floor of the building
with free parking.



Midwest Radiology Outpatient Imaging – St. Paul

250 Thompson Street
St. Paul, MN 55102
Clinic Phone: 651.602.7200

Located between the John Nasseff Specialty
Center and United Hospital with free
parking.



For detailed directions and additional information, please visit www.MidwestRadiology.com.