

# FDG PET Scan

## Sarcoid/Inflammation Prep Meal

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To make sure that your scanning results are accurate you **must** follow the Sarcoid Prep Meal diet starting the day before your Sarcoid Inflammation FDG PET Scan. This diet consists of eating:

- No carbohydrates or very low carbohydrates
- Protein and high fat are allowed

**It is critical to follow this diet in order to prepare your body for this test.**

You will keep a food journal of all that you eat the day before your test. If you do not follow the diet, the results of the FDG PET Scan could be incorrect or abnormal. Following this diet greatly increases the reliability of test results by limiting uptake of the radioactive medication (FDG) used in the test only to tissues that are affected by sarcoidosis and/or inflammation. Normal tissues will not take up the FDG if the diet is carefully followed. This avoids the possibility of false positive results on the PET scan.

If you have questions or do not understand this diet, please call 734-232-3231 for explanations. If you do not follow the diet, your Sarcoid FDG PET Scan will be canceled and rescheduled.

### **What diet prep is necessary for my sarcoid test?**

You must not eat any carbohydrates (or as few carbohydrates as possible) the day before your Sarcoid/Inflammation PET scan. Carbohydrates are foods that contain sugars, starch and/or fiber. The goal is for you to eat no carbohydrates or as few carbohydrates as possible so you will end up eating higher amounts of protein and fat for the one day of prep.

You may drink plain water, plain coffee or plain tea. Caffeine and decaffeinated products are ok as long as there is no added milk, sugary flavorings, sugar or Splenda®.

### **What foods must I avoid the day before my sarcoid test?**

- Avoid all food with carbohydrates: sugars, starch, fiber
- Do not add sugar or Splenda® (sucralose) to foods or drinks
- Do not eat any products with Splenda®
- Do not eat breaded foods (ex: fried chicken)
- Do not eat sweetened cough drops
- Do not eat sweetened chewable vitamin supplements
- Do not chew gum
- Do not eat candy
- Do not eat sweetened dietary liquid supplements and elixirs with sweeteners
- Do not eat tofu
- Do not eat nuts
- Do not eat fruits and vegetables (ex: any juice, tomatoes, potatoes)

### **What foods can I eat to prep for my sarcoid test?**

- Fried, hard-boiled, scrambled eggs (regular or Eggbeaters®) prepared without milk or vegetables
- Cheddar cheese
- Meat-only sausage or plain hamburger
- Plain or Turkey bacon
- Plain roast beef (no bread)
- Plain turkey breast (no bread)
- Plain Tuna (no bread)
- Plain chicken (no bread)

- Atkins shakes with 2 grams of net carbs or less, available at most pharmacies
- Test Prep Meal Drink (recipe to follow)

You can also add to your meals from the following extras:

- Mayonnaise
- Butter
- Sugar substitutes: Sweet’N Low®, NutraSweet®, Equal®, or Stevia®
- Salt and Pepper

### **Test prep meal drink recipe**

1 cup (or less) unsweetened Almond Milk

2 Tablespoons (30ml) vegetable oil

Mix ingredients well with a blender or hand mixer

You will drink this Test Prep Meal Drink the day of your Sarcoid/Inflammation FDG PET scan **after** your morning Perfusion PET scan. If you prefer Atkins shakes instead of the Test Prep Meal Drink, please bring one Atkins shake with you the day of the test and drink it when the technologist instructs you to drink it. The Nuclear Medicine technologists will give you a specific time to return for the afternoon FDG PET scan and will give you this Test Prep Meal Drink or instruct you to drink your Atkins shake. You must consume the drink immediately when instructed by the technologist.

### **Sample prep meal #1**

2 Hamburger patties topped with mayonnaise

Consommé

### **Sample prep meal #2**

3 scrambled eggs topped with cheddar cheese

2 sausage links

### **Sample prep meal #3**

2 chicken breasts with mayonnaise

Test Prep Meal Drink or Atkins shake with 2 grams of net carbohydrates or less

### **Sample prep meal #4**

Test Prep Meal Drink or Atkins shake with 2 grams of net carbohydrates or less

### **What should my diet be 12 hours before the test and day of the test?**

On the day before your Sarcoid FDG PET scan, after you eat dinner, **do not eat anything**. Drink only water, the Test Prep Meal Drink or an Atkins shake, if you need a snack.

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