

FDG PET Scan Sarcoid/Inflammation Prep Meal

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 involves eating no carbohydrates. Protein and foods high in fat are allowed.

It is important to follow this diet 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 wrong or abnormal. Following this diet greatly increases the reliability of the test results, because it helps make sure that only the tissues that are affected by sarcoidosis or inflammation take up the radioactive medication (FDG) used in the test. Normal tissues will not take up the FDG if you carefully follow this diet. This prevents false positive results on the FDG PET scan (or falsely detecting sarcoidosis when there is none).

If you have questions or do not understand this diet, please call (734) 232-3231 for more information. If you do not follow the diet, your FDG PET scan will be canceled and rescheduled.

What diet prep is necessary for my sarcoid test?

You must not eat any carbohydrates the day before your FDG PET scan. Carbohydrates are foods that contain sugars, starch, 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.

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 (like 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 take sweetened dietary liquid supplements or elixirs with sweeteners
- Do not eat tofu
- Do not eat nuts
- Do not eat or drink fruits and vegetables (including 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

You can also add these extra things to your meals:

- Mayonnaise
- Butter
- Salt and pepper

Some sample prep meals are below:

Sample prep meal #1 <ul style="list-style-type: none">• 2 hamburger patties topped with mayonnaise	Sample prep meal #2 <ul style="list-style-type: none">• 3 scrambled eggs topped with cheddar cheese• 2 sausage links
Sample prep meal #3 <ul style="list-style-type: none">• 2 chicken breasts with mayonnaise• Atkins® shake with 2 grams of net carbohydrates or less (comes in chocolate, vanilla, or strawberry flavors)	Sample prep meal #4 <ul style="list-style-type: none">• Atkins® shake with 2 grams of net carbohydrates or less

You will drink an Atkins® shake after you get your Perfusion PET scan in the morning. The Nuclear Medicine technologists will give you a specific time to come back for your FDG PET scan in the afternoon. They will also give you a test prep meal drink or tell you to drink your Atkins® shake. You must drink the drink immediately when instructed by the technologist.

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

On the day before your FDG PET scan, after you eat dinner, **do not eat anything**. Drink water only.

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Author: Loretha Freeman, BS, CNMT

Reviewers: Loretha Freeman, BS, CNMT; Regen Newton, AAS, CNMT;

Robert Ackermann, BS, CNMT; Benjamin Viglianti, MD, PhD

Edited by: Karelyn Munro, BA, Brittany Batell, MPH MSW

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