

LOCATION: Non-Invasive Cardiovascular Imaging
70 Francis Street, L2 Nuclear Medicine
(857)-307-2000

WHAT TO EAT AND DRINK THE NIGHT BEFORE YOUR EXAM and Breakfast

The day before your scan at your regular lunch and dinnertime, start a high fat, high protein no carbohydrate diet and avoid sugars (glucose, fructose, sucrose, etc). You should not eat after midnight on the night before your scan.

Your choice of lunch and dinner should include:

Fatty unsweetened foods (fried in butter or olive oil, broiled, but not grilled):

Chicken (not breaded) fried in butter, turkey, fish, meats, meat only sausages- (Fried in butter), fried eggs, bacon, scrambled eggs prepared without milk, omelet prepared without milk or vegetables, fried eggs and sausages, fried eggs and bacon, hotdogs (plain -without the bun), hamburgers (plain - without the bun or vegetables)

You should not eat any food containing carbohydrates and sugars including:

Milk, cheese, bread, bagels, cereal, cookies, toast, pasta, crackers, muffins, peanut butter, peanuts, fruit juice, potatoes, candy, fruit, rice, chewing gum, mints, cough drops, vegetables, beans, alcohol, Anything with Splenda.

You should drink clear liquids without milk or sugars

Diet Pepsi or Diet Coke. Coffee without milk or sugar, can use sweet n' low, nutra-sweet or Equal, Tea without milk or sugar, Water

INSULIN DEPENDENT DIABETICS - Do not alter your insulin pump settings.

AVOID STRENUOUS EXERCISE

You must avoid all strenuous exercise for at least one day prior to scan.

Not following these diet instructions may delay your test.

If you have any questions, please feel free to call 857-307-2050
You can ask for Jolene Fantony or Dave Yang or any available technologist.