

## 24 HOURS PRIOR TO EXAM (DAY BEFORE)

- Do not engage in strenuous exercise including: running, weight lifting, housework, snow removal.
- Follow a high protein, low carb diet
- Drink plenty of water
- No chewing gum
- Please refrain from smoking and nicotine products, at least 6 hours prior to exam.

### FOODS ALLOWED

- All Meats (un-breaded)
- Seafood (un-breaded)
- Eggs, tofu, unsweetened peanut butter
- Butter, margarine, oil, mayonaise, vinegar
- Non-Starchy Vegetables: Lettuce, asparagus, broccoli, cauliflower, cucumber, spinach, mushrooms, onions, bell peppers, green beans, celery, artichoke, cabbage, garlic, arugula, swiss chard, zucchini

### FOODS NOT ALLOWED

- Breads, pastries, cereal, pasta, muffins, sugar, candy
- Potatoes, rice, pizza, pretzels, chips
- All Fruit: Tomatoes, fruit juices, jams, jellies
- Honey, syrup, dressings, gravies
- Soft drinks, milk, soy milk, tonic water, flavored water
- Alcohol, energy & sports drinks
- Starchy Vegetables: Corn, lima beans, soy beans, peas, yams, carrots

## EXAM DAY INSTRUCTIONS | NON-DIABETIC

- NO FOOD, WATER ONLY!

## EXAM DAY INSTRUCTIONS | DIABETIC PATIENTS

- Drink water as needed. ONLY WATER!
- Take your oral or subcutaneous medications as prescribed by your doctor
- You may have two boiled eggs 4 hours prior to exam.
- If you have an insulin pump, do not change your insulin regimen.

## WHAT TO EXPECT DAY OF EXAM

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When you arrive you will check in at the front desk. A tech will then escort you to a quiet room to begin your study. At that time you will be injected with a radioisotope and will be asked to relax quietly for approximately 1 hour. After this period, you will be moved to the scan room to complete the study. The scan is completed in segments and will take approximately 20-30 minutes.

## AFTER YOUR EXAM

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- You can eat, drink and resume your normal activities after your exam is completed.
- We recommend to minimize contact with pregnant women and children 6-8 hours after exam is finished.

## RESULTS

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Results will be read by our radiologist and a report will be faxed to your physician's office within 24-48 hours.

## QUESTIONS

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Feel free to call us at 222-4624 with any questions you may have.

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