

## Sarcoid Patient Preparation for Nuclear Medicine:

You can eat a regular lunch prior to 2pm the day before your scan. After 2pm, do NOT eat or drink anything with carbohydrates. You can have only proteins and fats at your regular dinnertime.

After midnight, do NOT eat anything. You can have only plain water up until your scan.

	Not OK after 2PM	OK between 2pm and Midnight	OK after Midnight:
Food Group	Foods with carbohydrates	Foods <u>without</u> carbohydrates	Water only
<b>Meats and meat alternatives</b>	Meat with sauces, glazes, breading, or gravy; imitation crab, jerky, all beans, lentils, glazed nuts, nut butters	beef, pork, lamb, chicken, turkey, fish, shrimp, eggs, plain nuts	None
<b>Dairy and dairy alternatives</b>	Milk, yogurt, cream, sour cream, cream cheese, cottage cheese, ricotta cheese, feta, ice cream; soy milk, almond milk, rice milk, coconut milk	Hard cheeses like asiago, romano, cheddar, colby, monterey jack, provolone, string cheese, Swiss	None
<b>Grains</b>	All grains and grain products: breads, crackers, cereals, pasta, rice, wheat, barley, rye, oats, bran, corn	None	None
<b>Vegetables</b>	All vegetables and vegetable juices	None	None
<b>Fruits</b>	All fruits and fruit juices	None	None
<b>Snacks</b>	Chips, pretzels, crackers, popcorn, cookies, glazed nuts, corn nuts, jerky	Hard-boiled egg, hard cheeses	None
<b>Sweets</b>	Candy, cakes, pie, cookies, ice cream, popsicles, jam, jelly, honey, chocolate, Truvia	None	None
<b>Beverages</b>	All Juices, smoothies, milk, regular soda, ginger ale, hot chocolate, lattes, alcohol	Plain Water	Plain Water
<b>Seasoning / Condiments</b>	Ketchup, barbecue sauce, light mayonnaise, miso, oyster sauce, pickles, relish, molasses, brown sugar, honey, dressing, balsamic vinegar	Salt, pepper, herbs, spices, mustard, regular mayonnaise, soy sauce, fish sauce, plain vinegar, oils, butter	None

**Insulin Dependent Diabetics:** If you are insulin dependent, you should schedule your appointment in the early morning and check your glucose levels as you usually do. If that is not possible, then please call and discuss your diabetic control with us.

If you are going to have a separate CT or MRI study, please make sure it is scheduled after your PET/CT scan.

For any questions regarding this diet, please call Nuclear Medicine at (650)725-8263.