



PATIENT PREPARATION FOR FDG PET SCAN SARCOIDOSIS EVALUATION

- Follow the Sarcoidosis diet and drink lots of liquids **FOR THE ENTIRE DAY** before your scan (SEE SUGGESTIONS BELOW).
- **THEN NOTHING to eat or drink for 12 hours prior to the scan.**
- You may have water with your pills on the day of your test.

The Sarcoidosis Diet – Low-carbohydrate, high-fat diet, protein permitted diet

DO EAT	DO NOT EAT
<u>Beverages:</u> Mineral water, seltzer, water, clear liquids without milk or sugar, coffee, tea and herbal tea (without milk or sugar).	<u>No Sugar:</u> Sugar in any form is strictly forbidden (including natural sugars in fruit).
<u>Eggs:</u> Fried, scrambled prepared without milk, omelet prepared without milk or vegetables.	<u>No Starches:</u> Pastas, breads, bagels, cereals, crackers, cookies, muffins, rice.
<u>Condiments & Seasonings:</u> Anything that does not contain sugar.	<u>No Candy:</u> Candy, chewing gum, mints, cough drops, fruit juices.
<u>Fats/Oils:</u> Animal fats that are part of the meat you eat, butter, margarine.	<u>No Processed Products:</u> Processed foods such as deli meats. These products often contain hidden sugars.
<u>Sweeteners:</u> Aspartame, NutraSweet, Sweet 'N Low, Equal.	<u>No Splenda Substitutes</u>
<u>Fish – Any Fish:</u> Fatty unsweetened fish (fried or broiled but not grilled).	<u>No Milk or Milk Products</u>
<u>Meats:</u> Fatty unsweetened (fried or broiled but not grilled) red meat, bacon, meat only sausages, ham.	<u>No Cheese or Cheese Products</u>
<u>Poultry:</u> Fatty unsweetened chicken and turkey (fried or broiled but not grilled).	<u>No Peanut Butter or Nuts</u>
<u>Shellfish:</u> Any non-processed shellfish.	<u>No Alcohol</u>
	<u>No Fruits or Vegetables</u>