

Patient Exam Preparation Education

Cardiac Sarcoidosis Studies

These are instructions for medication, food and drink prior to your scan that must be followed carefully. If you eat or drink any of the no-allowed foods within 24 hours of your scan, please call us at **1-866-258-4738** to reschedule your exam. The exact timing of this scan is very important. Please arrive on time for your scan.

Diabetic Patients

If you take insulin, schedule your scan so that you will not need to take your insulin within 4 hours of your exam. Before the start of each exam a glucose measurement will be taken. Your blood sugar reading must be below 180 in order to move forward with the exam. All other anti-diabetic medications can be taken.

If you have any questions about these instructions, please contact our scheduling team at 1.866.258.4738.

24 HOURS BEFORE YOUR SCAN

Medications

Take your regularly scheduled medications *with plain water (no carbonation) only*. If your medications require you to take them with food please call our scheduling team for guidance.

Physical Activity

Please limit physical activity 24 hours prior to & the day of your exam. This includes running, heavy lifting, sports, yoga, and deep massages.

Food and Drink

Food & Drink NOT allowed:

- Any foods that contain carbohydrates including pastas, breads and cereals
- Any food containing sugars, including natural sugars found in fruit
- Any carbonated beverages (including carbonated water)
- Any condiments
- Any fruits
- Any deli meats
- Any sweeteners
- Any candy or gum
- Any nuts
- Any Root Vegetables: corn, peas, carrots, most legumes, grains and potatoes, turnips, beets, green, acorn squash, butternut squash, yams, sweet potatoes, parsnips.

Food & Drink Allowed:

- Protein: Fatty, unsweetened, not breaded (broiled, grilled, sautéed) chicken, turkey, fish, red meats, and fried eggs
- Dairy: Butter, crème fraiche, heavy (whipping) cream and sour cream
- Fats/oils: animal fats that are part of the meat, butter or margarine, vegetable oils (olive, peanut, walnut, sesame, safflower, rapeseed)

- Vegetables: artichokes, asparagus, bean sprouts, broccoli, brussel sprouts, cabbage, celery, cucumber, eggplant, fennel, greens, jicama, any lettuce, mushrooms, okra, olives (if not processed with sugar), onions, peppers, radishes, squash, tomatoes, zucchini
- Drink: Water (plain, no carbonation), broth, coffee, tea, herbal tea, iced tea (all without half and half, milk or sugar)

THE DAY OF YOUR SCAN

Physical Activity

Please limit physical activity 24 hours prior to your exam. This includes running, heavy lifting, sports, yoga, and deep massages.

Food and Drink

Nothing to eat or drink except plain water (no carbonation)

Clothing

Dress in comfortable metal-free clothing.