Koolhydraatarm en vetrijk dieet

Als voorbereiding op een PET/CT-scan met FDG

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op www.asz.nl/brmo.

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Introduction

You have an appointment for a PET-CT scan soon. Your attending specialist has requested this test for you to help identify any inflammatory processes.

It is important that you stick to a low-carb and high-fat diet for 24 hours prior to the scan. This leaflet contains more information about that.

How to prepare

Medication

- If you take medicines, you can take them as usual.
- If you are diabetic, please contact the Nuclear Medicine Department in advance. The staff there will tell you whether any additional preparation is needed.

Eating and drinking

- It is important that you stick to a *low-carb* and *high-fat diet* for 24 hours prior to the scan.
- You must be *nil-by-mouth* from six hours prior to the scan. This means that from six hours prior to the scan onward, you are no longer allowed to eat anything. You are only allowed to drink (tap) water. Do not add sugar or squash to the water.
- You must drink one litre of water in the two hours before arriving at the Nuclear Medicine Department.
- If you are diabetic, we will let you know what time you can eat until.

- If you are on liquid nutrition and/or tube feeding, please contact the Nuclear Medicine Department or your attending dietician first. This type of nutrition may contain high levels of carbohydrates and should not be used. Your dietician will be able to help you explore whether there are any alternatives for the day before your scan.

Low-carb and high-fat diet

The overview below shows you what you can and cannot eat and drink during the day prior to your scan. It is important that you stick to these rules; if not, we may not be able to go ahead with the scan, or the results may be skewed.

Things you are allowed to drink

- Water without squash or sugar.
- Coffee/tea without sugar and milk.
- Diet soft drinks (such as Diet Coke, Sinas light or Crystal Clear).

Things you are not allowed to drink

- Fruit juices.
- Soft drink.
- Dairy drinks, such as (chocolate) milk, buttermilk and yoghurt drinks.
- Alcohol.

Things you are allowed to eat

Dairy • Fresh unwhipped cream, without sugar • Cream cheese, Brie 60+ • Cheese 48+ • Parmigiano cheese	**Vegetables** • Vegetables without thickeners or sauce • Please note: **no** sweetcorn, legumes such as (chick)peas, brown/white beans or lentils.
Meat and poultry • Meat (no batter) • Smoked bacon • Any other bacon • Salami • Cutlets • Skin-on chicken • Mince (beef/pork) • Bratwurst • Smoked sausage • Hamburger (no bun)	**Fish** • Fish (no batter) • Smoked salmon • Herring • Mackerel • Tuna in oil (tinned)
Other • Avocado • Butter, oil, margarine • Olives • Eggs	**Nuts (unsweetened)** • Macadamia nuts • Pecan nuts • Almonds • Hazelnuts

Things you are not allowed to eat

- Fruit and dried fruit.
- Potatoes, rice, pasta, sweetcorn, legumes and thickening agents.
- Products that contain sugar, such as sweets, biscuits, sponge or other cakes, chocolate and crisps.
- Products that contain flour/cereals, such as bread, crackers, rusk, porridge, Brinta and muesli.
- Yoghurt and ice cream.
- Sugar, honey and syrup.
- Sweet spreads such as jam, peanut butter, chocolate or other sprinkles.

Things to watch out for with low-carb products

Some products say that they are low in carbohydrates or that they can be part of a 'low-carb diet'. In many cases, these supermarket products do actually contain carbohydrates. That means you cannot eat them as part of your diet.

If you are not sure, check the label. You are allowed to eat the product if it contains zero carbohydrates.

Sample menu for the day

A sample menu for the day, showing the products that you are allowed to eat over the 24 hours prior to your scan, is provided below.

Please make sure you also follow the instructions under the 'How to prepare' header. It is important that you do not consume anything from six hours prior to your scan onward.

Breakfast

- (Fried) egg, with ham and/or cheese if you wish
- Tea and/or coffee without sugar (with fresh cream if you wish).

Lunch

- Bouillon soup.
- Cheese and/or meats (no sausage).
- Vegetables or homemade salad (no dressing).
- Tea and/or coffee without sugar (with fresh cream if you wish).

Dinner

- Meat, chicken or fish, no batter.
- Homemade sauce without thickener, with mushrooms or fresh cream if you wish.
- Vegetables (see list for types permitted), without sauce or thickener.

Snacks

For a snack, you can drink diet soft drinks, water or coffee/tea without sugar and milk, and eat something from the list of permitted foods.

After the scan

You can return home after the scan. If you are admitted, you can return to the nursing ward. You are also allowed to eat and drink as normal again.

Results
The results of the test will be sent to your specialist who requested the test. They will discuss the results with you.

To conclude

If you have any questions after reading this leaflet, feel free to call the Nuclear Medicine Department (Dordwijk site), on
Tel. (078) 652 32 90. We are available from Monday to Friday between 08:00-16:30. We'll be happy to assist you.

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