

## **POSITRON EMISSION MAMMOGRAPHY (PEM) PATIENT PREP**

### **Preparing for your PET or PEM Scan**

- For 6 hours before your test, do not eat or drink anything with calories. Do not even chew gum or use cough drops.  
No breakfast should be eaten if you have an appointment before noon.
- Please drink at least 8 ounces of water prior to leaving the house.
- The day before the scan should be high in protein and low in carbohydrates. For example:  
Breakfast: eggs, bacon, sausage.  
Dinner: steak, baked chicken, fish, cheese, asparagus, broccoli, mushrooms.  
Avoid foods high in carbohydrates: bread, rice, potatoes, crackers, cereal, fruit (oranges, bananas, pears, apples)  
Avoid foods high in sugar: cake, cookies, candy
- Continue to take any medication prescribed by your physician except those for diabetes. Call the center for specific instruction on your diabetic meds. If you have been advised to take your medications with food, eat nothing more than a few soda crackers 4-8 hours prior to your exam.
- Avoid caffeine, sugar, tobacco and heavy exercise for 24 hours prior to your exam.
- If you have diabetes, discuss this with your physician and call the center staff 48 hours before your scan.
- If you are, or you think you may be pregnant, discuss this with your physician. Generally, PET and PET/CT scans are not performed on pregnant women.

### **What to Bring and Wear**

- Bring with you:  
Insurance cards  
Previous mammograms or other breast studies that are relevant  
Medical history  
Pathology reports
- Wear warm, comfortable clothes - the scanner room is cool.
- Avoid clothes with heavy buckles or metal components.