



DIET 24 HOURS PRIOR TD EXAM:

- Eat a high protein diet: You may eat any type of unbreaded meat, poultry, fish, seafood, cheese, tofu and eggs
- Vegetables (non-starchy) that you may have are: Spinach, broccoli, cauliflower, green beans, zucchini, yellow summer squash, lettuce, tomatoes, bell pepper and cucumbers
- Drink water only
- Stop sugar intake: no fruit or fruit juice, peanut butter, jelly, jams, desserts, candy, soft drinks, yogurt, cereal, chips, crackers or artificial sweetener.
- No caffeinated or decaffeinated drinks. No coffee, tea, milk, soft drinks or sports drinks.
- No alcoholic beverages, beer or wine.
- No tobacco/Nicotine gum
- Do not have any chewing gum, breath mints, cough drops or cough syrup.
- If you are on a special diet, please call and speak with the nurse for special instructions.
- No strenuous or repetitive exercise: no workouts, walking, or jogging. Just relax!

Day of Exam:

- Bring photo ID and insurance cards with you to your appointment.
- No food 5 hours prior to appointment.
- We do want you to drink plenty of water before your appointment. Try to drink 20oz water 2 hours prior to appointment
- Wear loose, warm, comfortable clothing (sweatshirt and sweatpants are good) without zippers, snaps or metal.
- Leave all jewelry at home.
- If you need medications for pain, anxiety or claustrophobia please bring medication with you and the nurse or technologist will instruct you the best time to take it. If you are in need of medication for these reasons, please contact your primary physician.
- If you are diabetic, do not take any diabetic medication for 5 hours prior to your appointment. If you have any questions concerning your diabetic medication, please call (907)746-2929.
- If you might be pregnant or are breast feeding, please contact our office for special instructions. Please do not bring your children or pregnant women with you to your appointment due to the risk of exposing them to radiation.
- Your appointment will last 2 1 /2 hours so please plan accordingly.