Preparation for cardiac PET-scans to evaluate cardiac inflammation and infection

Dear patient

Please observe the **dietary instructions** given below. They are critical for the success of the cardiac PET examination planned on you. If you do not strictly adhere to these instructions, it makes no sense to do the examination.

**24 hours prior to the PET examination**
You need to keep a diet devoid of carbohydrates and sugars.

**NOT permitted are:**
- carbohydrates such as pizza, pasta, bread, musli, potatoes, rice, cake. etc.
- dairy products such as cheese, milk, yogurt
- fruit, fruit juices
- sugar containing drinks
- alcohol
- artificial sweeteners, such as Asugrin, Stevia
- chewing gum etc.

**Permitted are:**
- meat
- poultry (such as chicken)
- legumes such as salad
- salad dressings **no balsamico vinegar, no French dressings, no mustard**, wine vinegars are permitted
- egg based food (fried eggs, scrambled eggs, hard-boiled eggs)
- fish
- coffee or tea without cream/milk/sugar
- water

Please check the information regarding contents of prepackaged foods on their packaging