

# Patient Exam Preparation Education

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## 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
- Vegetables: corn, peas, carrots, most legumes, grains and potatoes.

*Food & Drink Allowed:*

- Protein: Fatty, unsweetened, not breaded (broiled, grilled, sautéed) chicken, turkey, fish, red meats, and fried eggs
- Dairy: Butter, crème fraîche, 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 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.