

Appendix. Food diary and diet instructions.

Food Diary - Pre-Cardiac Inflammation FDG PET Scan	MRN: NAME: BIRTHDATE:
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Date of appointment: ____/____/____ (mm/dd/yyyy)

Your health care provider has ordered a cardiac positron emission tomography (PET) scan to evaluate for swelling (inflammation) in your heart. In order for physicians to evaluate the scan results correctly, we need information about all of the food and drinks you had in the past 24 hours. Please be as accurate as possible in order to avoid an incorrect test result.

Did you receive a phone call or instructions in person about your diet before for this test?

Yes No

Please list what you ate for Breakfast yesterday		Please list what you ate for Lunch yesterday	
Entrée/Main course:		Entrée/Main course:	
Sides:		Sides:	
Drinks:		Drinks:	
Approximate time:		Approximate time:	
Please list what you ate for Dinner yesterday		Please list any Snacks you ate yesterday	
Entrée/Main Course:		Snack # 1:	Approximate time:
Sides:		Snack # 2:	Approximate time:
Drinks:		Snack # 3:	Approximate time:
Approximate time:		Snack # 4:	Approximate time:
Please list what you ate for Breakfast today		Please list any Snacks you ate today	
Entrée/Main course:		Snack # 1:	Approximate time:
Sides:		Snack # 2:	Approximate time:
Drinks:		Snack # 3:	Approximate time:
Approximate time:		Snack # 4:	Approximate time:

Printed name of person who completed this form

____/____/____ (mm/dd/yyyy)
Date

Based on results from research findings¹, consuming a high fat, very low carbohydrate, protein permitted diet (Sarcoid Prep Meal) the day prior to your Sarcoid / Inflammation FDG PET Scan is critical to prepare your body for this test. The diet significantly increases the reliability of test results by improving body tissue uptake of FDG, the key tracer used during the test.

PET SCAN PREPARATION

At least 36 hours prior:

- The day before your scan, consume a high fat (greater than 35g is the goal), no or very low carbohydrate (less than 5g) diet.

At least 12 hours prior:

- After dinner the day prior to your PET scan, do not eat anything except for the “Test Meal Drink” and water. There are no restrictions on water.

THE HIGH FAT, NO OR VERY LOW CARBOHYDRATE, TEST MEAL

- Consume the test meal drink and/or any of the allowed foods (see below) for breakfast, lunch, dinner, and any snacks in between the day before test.
- Avoid ALL foods containing carbohydrate, sugar, and Splenda (sucralose).
- Caffeine and decaffeinated products are ok as long as there is no sugar added, for example black coffee.

THE TEST MEAL DRINK

~Can drink the day before test with breakfast, lunch, dinner or for snacks in between meals if wanted.

~To drink on the day of the afternoon FDG PET scan. AFTER the morning perfusion PET scan the NM Technologists will give you a specific time to return for the afternoon FDG PET scan. The NM Technologist will also give you the Sarcoid Test Meal Drink. The drink must be consumed immediately after the morning PET perfusion scan. The drink may be either of the following two drinks:

- Test Meal Drink - Unsweetened almond milk mixed with 2 tablespoons (30mL) vegetable oil. This will provide 30g of fat needed for this test. You will need to mix the almond milk with the oil. You can use up to 1 cup of almond milk or less, but make sure that you consume all of the oil.
- An Atkins Milkshake can be substituted

FOODS ALLOWED IN THE TEST MEAL

The test meal should contain *at least* 2 selections from the list below. This will provide additional fat needed to meet the fat goal.

- NOTHING breaded!
- Fried / Scrambled eggs (regular or Eggbeaters)...prepared without milk or vegetables
- Cheddar Cheese
- Meat-Only Sausage
- Turkey Bacon
- Sliced Roast Beef (no bread)
- Sliced Turkey Breast (no bread)
- Tuna Salad (no bread)
- Boneless Chicken Breast (no bread)

ADDITIONAL TEST MEAL FOODS

Select at least 2 servings from this group.

- Light Mayonnaise
- Margarine
- Chicken consommé
- Clear liquids including coffee or tea without milk or sugars
- Sugar substitutes: Sweet’N Low (Cumberland Packing Corp.), NutraSweet (NutraSweet Property Holdings, Inc.), or Equal (Merisant Co.)
- Plain water

FOODS AND BEVERAGES TO AVOID

Avoid ALL other foods and beverages.

OTHER PRODUCTS OF CONCERN

Avoid sweetened cough drops, sweetened chewable vitamin supplements, chewing gum, candy, sweetened dietary liquid supplements and elixirs with sweeteners. **Avoid** all products with Splenda (sucralose).

SAMPLE TEST MEAL

Test Meal Drink

2 Hamburgers topped with 1 packet of light mayonnaise

Consommé with 1 pat of margarine

Any additional foods consumed prior to fasting should be selected from the ‘Foods Allowed’ list as shown above.

FOR INPATIENTS ONLY

NO IV Fluids w/ Dextrose OR Lactate 24 hours before test!

PLEASE Post a sign in patient’s room to notify all rotating staff!!

¹Williams G, Kolodny GM. Suppression of myocardial 18F-FDG uptake by preparing patients with a high-fat, low-carbohydrate diet. AJR. 2008;190: W151–W156.